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INDIAN
RECIPES



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INDIAN COOKERY

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"LOCAL"

FOR

YOUNG HOUSE-KEEPERS.



SECOND EDITION REVISED & ENLARGED

Containing Numerous Recipes both useful and Original.

BOMBAY.

PRINTED AT THE IMPERIAL PRESS

No. 10, KALBADEVI ROAD.

BY

NAVROJI FRAMJI

1887.

PREFACE TO THE SECOND EDITION.

In bringing out a Second Edition of this book, the Author^{ess} takes the opportunity of thanking both the local press and the public for their favorable reviews and kind reception of the first edition. The work has been carefully revised, and much enlarged; without however increasing the price. The Authoress has striven to make it as perfect as possible, so that should any lady have, on an emergency, to do for herself, she will find that, with an Oil-Stove and this book for a Guide, she can not only pull through a trying time, but manage quite satisfactorily.

Bombay, 1887.

PREFACE

THE Recipes contained in this little work, are the collection of many years, gathered in many parts of the Presidency. They were originally noted down as an aid to the authoress herself, for the simple reason, that all the books treating on the subject procurable, with one exception, are guides to English Kitchens, and hence of very little use practically to Indian Mistresses. The exception referred to is Dr. Riddel's "Indian Domestic Economy," a book which contains a large amount of valuable information, and a great number of useful recipes. But the greater part of the recipes gives details of dishes never seen on local tables, though some have the same names—the ingredients are different, and the mode of preparation far too troublesome to be adopted, in lieu of our more expeditious methods, while at the same time our modes have both simplicity and economy to recommend them. The writer is painfully aware of the shortcomings of this work. She hopes however it will be an aid to young house-keepers, inexperienced in such matters, helping them to eke out means, perhaps not too abundant. Every recipe, with few exceptions, obtained from reliable sources, is the result of personal experience, they are written in plain language, detailing each step in the process of preparing each dish, so that no person, however ignorant she may be in such matters, will find any difficulty both in comprehending the directions and acting upon them.

Bombay, 1883.

DOMESTIC ECONOMY.

“Housewifery is woman’s home-management. Every housewife may not be able to procure the finest and more expensive kinds of food, but she has it greatly in her power to make the most of what which she does procure. Very humble fare by skill and attention may be dressed in such a manner, as to rival the most expensive dishes in both taste and nutritiousness.” Note for instance, the homely fare of our native country women. Dishes of pulse and vegetables prepared artistically, and mixed with a due proportion of seasoning, form a tempting repast, agreeable both to the organs of scent and taste, resulting in health, satisfaction and vigour. While our far more costly food, if carelessly prepared, is disagreeable both to sight and palate.

The knowledge of theoretical, if not practical Domestic Economy, is a necessity for women. The home arrangements go on more smoothly, if there is a head capable of directing her servants,—while the latter admire a mistress, who has the ability to govern and rule, as well as train her domestics to greater perfection, by teaching them more improved methods. This is especially valuable to a cook. A young lad, knowing little, soon becomes under the training of a good mistress, a competent valuable servant, repaying for the service done him by faithful service in return. In many a home such may be found, who in cases of emergency or sickness do a great deal of extra work, not only without grumbling, but with the greatest cheerfulness, identifying themselves with the interest of the family at all times.

Servants are necessary to comfort everywhere, but in India they are a necessity,—a cook especially. The heat of the climate, and the position of the kitchen, make it impossible for a housewife to visit it often. But it requires to be visited at short intervals, just to see that the place is swept and clean, the table and cooking utensils well scoured, and the water chatties and their contents clean and wholesome.

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The kitchen utensils being made of copper, it is necessary to have them tinned at least once a month, if this is neglected they quickly corrode, and when in that state, any food, cooked in them is poisonous and causes severe illness—often indeed proving fatal. Food having a large amount of acid, ought on no account to be allowed to remain in a copper “dechsie,” as acids are corrosives and will soon destroy the “kulli,” and the vessel then becomes useless for cooking purposes until retinned.

About the bazar, it is necessary to prevent disappointment as well as to ensure punctuality, that the orders for all that is required, for the day's consumption be given over-night, as, often after 8 A. M., nothing but the refuse of meat is procurable. It would be well for the mistress to visit the market occasionally, just to see what can be had. A servant has orders to bring a certain kind of fruit, vegetable or fish, which does not happen to be in season, and in consequence he has to pay an exorbitant price, surprisingly high to the Madam, as that article was very plentiful a few days before. Hence her disappointment. A visit to Crawford's sometimes would prevent both mistakes and wrong orders.

Bombay is regarded as a most expensive place to live in, and in many respects it is so indeed. But in the matter of provisions, no town in the Presidency can be better off. There is so much variety in the market, and so much to be had that is really good and cheap for the money, and there is not that knocking about for each thing you require, as in other places.

At the present day here in Bombay, work and labour are looked upon as commendable and desirable, and eagerly sought for by many young women. A young girl can learn many useful lessons I hope from these pages, which she will not regret acquiring, as the knowledge of domestic routine is a necessity to good housewifery.

Now when so much time and attention is given to the acquirement of intellectual knowledge, it may not be amiss to quote the advice a dear motherly Scotch woman gave to a minister's daughter, for we cannot deny, that in every household, no matter

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however well managed, there comes a time when the cook leaves through one cause or another, and the home is thrown into confusion.

"My dear" said she, "there's many a thing that Hannah the servant, could do well enough, may be better than you could, for that matter; but you should do them yourself, notwithstanding. Every woman should take pleasure in these household cares. If they are irksome at first, they winna be so when you are used to them; and, my dear it may help you through many an hour of trouble and weariness, to be able to turn your hand to these things. There is great comfort in it sometimes.

"I ken books are fine things to keep folks from thinking for a time; but the trouble that is put away that way comes back on one again; and its only when folk are doing their duty that the Lord gives them abiding comfort. There have been days in my life when my heart must have broken, or my brain grown crazed, if I hadna needed to do this or do that, to go here and to go there. And trouble or no trouble, it is what you ought to know and do in your father's house."

I dare say my young readers would like to know if the ministers daughter followed this good advice, I am happy to say she did and we are told it in these words.

"So Graeme submitted to her friend's judgement, and conscientiously tried to become wise in all household matters, keeping track of pieces of beef and bags of flour, of breakfasts, dinners and suppers in a way that excited admiration, and sometimes other feelings, in the mind of the capable Hannah."

And others you may be sure beside the humble servant girl admired the young lady, for say what we will, the cleverness that children and husbands best appreciate, is that which gives them comfortable meals and a clean bright home; and the influence of this spreads far and near.

In the beautiful picture of a good wife and virtuous woman, in the last Chapter of Proverbs, we find her excellencies brightened her own home, and although she dealt largely in merchandise, the com-

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fort of her household, in every little matter, was well looked after. "She is not afraid of the snow for her household, for all her household are clothed with scarlet" "She looketh well to the ways of her household, and eateth not the bread of idleness." "Her children arise up and call her blessed, her husband also, and he praiseth her."

Should this humble attempt be an aid to any, the labour bestowed on it will not be in vain.



KITCHEN REQUISITES

Our Kitchens, we must allow, lack comfort as well as convenience. Possibly if they were oftener within the reach of the mistress, matters would improve. Things lie all about, and articles that should be far apart are seen to be close neighbours. St. Clair's kitchen was a king to ours, and aunt Dinah, compares favourably with the heads of local kitchens. It would be indeed something wholesome to have her "claren" up times here! However it is not all the fault of our cooks. Our kitchens have not sufficient accommodation, and the fact is, that there is no place for everything, and hence nothing is in its place.

The first arrangement of these matters lies perhaps more in the hands of the master than the mistress, but when once the necessary fixtures are made, the latter must see that things are clean and kept in their places. The kitchen floors are mostly dirty and damp, through being built low,—the fact is quite lost sight of, that the kitchen is the dwelling place by day, and the sleeping place at night, of the servants of the household, and not only a place where kitchen fires are lighted. To avoid the dampness and dirt of the floors, the servants are forced to throw themselves down to sleep at night on boxes of different heights or on the kitchen table, while others manage to make a bed of a single mat, thrown on the bare floor.

About the *Kitchen Requisites*, the most important are Chatties or Saucepans, varying in size from the largest,—a foot or more in diameter and a foot or more deep, to the smallest which would be half that size. One should quite fit into the other, and thus be conveniently moved. Every chatty should have a close fitting cover, both made of copper and well tinned; when the work of the day is over, they must be scrubbed well,—washed, drained and placed away on shelves.

Besides the chatties above mentioned, a copper Fry-Pan and Kettle are required. In order to have a *good Supply of Clean*

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Water, have two or three large *Earthen-ware Jars*; these must be well scrubbed on alternate days, to have the water clean and fresh.

In connection with the water jars, have large and small tin pots, renew them when leaky, as the leakage will damp the floor.

Our kitchen spoons are made by Nature's own hand, and no art could make them better adapted for their work. The shell of the cocoanut cut in the centre, gives at once two cups requiring nothing more than a wooden handle, fixed into natural holes which are found at the bottom of the cup. They are sold in the market for a trifle, and if taken care of, they last quite a while and are easily cleaned.

A *Smooth Black Stone* 16 or 18 inches long and about 12 broad with a *Round Stone Roller*, is needed for the daily grinding of the curry paste; and every Indian kitchen has one of these. The stone must be tough and hard, so that particles may not break off during the process of grinding. It needs to be "tankeed" or chipped at seasons, and stone masons call at the kitchen doors for that purpose. When the work of grinding is over, both stones should be well and carefully washed.

For *Scraping the cocoanut* into flakes there is a simple instrument—a circular piece of iron, edged with teeth, and fixed to an oblong piece of wood pointed at one end; this can be put out of the way, when not required, and hung on a nail on the kitchen wall.

The *Roasting of Coffee and Mussala* is done on an Iron plate called "Thoa;" the thicker the metal, the better it is for many reasons; when done with, it is merely washed or wiped dry, and as some have a ring attached, it can be hung up on a nail.

An *Iron Mortar and a Pestle* are required for the pounding of coffee, spices &c. and these must be strong and durable, as they are never renewed.

For *Chopping meat*, two things are necessary; a foot or so of a log of hard wood, sawn smooth across the grain, and a large *Knife* called a "*Koitha*."

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For the *making of Pastry*, a smooth board is necessary, about two feet square, with a wooden pin for a Roller. The latter is called by the cooks "Bellen."

The Kitchen Table is made of Teak and is about five or six feet long, and three or a little less broad, and is used for the standing of dishes and plates. A small board two feet long and one foot broad is required for preparatory work,—the mincing of herbs &c.

Scales and Weights must not be forgotten,—they are most useful for weighing and proportioning your materials.

For the kitchen-salt, pepper and other things, provide tin canisters or something suitable, and a small supply of cups and plates are needed to hold the meat, cocoanut milk and tamarind pulp; and when you have a place for everything, and everything in its place, your servants will not fail in the end to admire so good an arrangement.



HINTS TO PREVENT WASET

THE most striking article wasted in local Kitchens is good dripping, which is seldom thought of, and seldom used ; (at least by the mistress). Ghee is considered so much better, and a certain amount is given to the cook daily, forming an expensive article in the monthly accounts. Dripping will answer quite as well for the frying of meat,—and for *meat curries* use half and half (*i.e.* ghee and dripping mix the two.) Good meat is the cheapest after all ; it cooks in it's own fat, while poor tough, meat needs so much butter to cook it, and so much more time, and after all the chances are, it will not be eaten. Mothers are sometimes alarmed because their children refuse to eat meat,—there is no cause for fear, for their natural instincts no doubt guide their tastes. Let something be sent to the School, for their tiffin, that they can carry to the play ground, and eat while watching others at play. They reject the tiffin that keeps them long from the play ground, and it is thus wasted and thrown away. Now that there is so much brain work, it must be seen to, that children are nourished well, or in after life they may have cause to rue it.

The yolks of eggs are often wasted ; as the whites alone are sometimes used in bread crumbing &c. Use it with a couple of eggs more and a few table spoons of milk, to make a small pudding.

Have a small canister with a cover for flour ; for want of such a receptacle, you may often see it leaking through a paper bag on the kitchen table, and it is an article constantly wanted in the kitchen.

Mint leaves are sold in bunches, and used in very small quantities, so the greater portion goes to waste. If the leaves were well dried in the sun or on the "Thoa" on a slow fire, they could be preserved for future use. Fuel might go further if the fire was reduced when things need only simmering, a large fire in that case wastes both material and fuel. Let the young housekeeper bear in mind that *Thrif*t does not mean *Stint*, but rather that the *latter* is the *offspring* of Waste.

Glossary.

Nutmeg
 Almond
 Alum
 Ambrosia
 Arrow-root
 Assafoetida
 Barley.
 Bhanga
 Bran
 Camphor.
 Cardamoms
 Cashew Nut
 Castor Oil
 Catechu
 Catgut
 Cayenne Pepper
 Chalk
 Charcoal
 Chiles
 Cinnamon
 Cloves.
 Cochineal
 Cocoa-nut
 Coriander
 Cotton Seed
 Cress Seed
 Cummin Seed.
 Dill Seed.
 Ebony
 Key Brand
 ...
 ...

Jajput
 Buddam
 Phutburie
 Dried Mangroes
 Sikhur.
 Sing.
 Jout.
 Subjah
 Bhuda.
 Humfoo.
 Rlichee
 Cajun
 rrandoe teil
 Sutha.
 Rhoda
 Sal Mirche
 Murro.
 Kolsa
 Mirche
 Dalcheene
 Luvung
 Shermij
 Zarel
 Shumnia
 Cuppasia
 Sureef
 Jeera. Suffed
 dowa.
 Abnoos.
 ...

SOUPS.



Chicken Mulligatawny.

1. Cut a Chicken into 12 or 16 pieces, and boil it in two tea-cups of water. Take five or six corns of black pepper, $\frac{1}{8}$ of an ounce piece each of turmeric, and fresh ginger, five or six slices of garlic and a desert-spoon of raw coriander, with one red chilly, and grind them all together into a fine paste. Mix the ground paste with the chicken broth and let it boil. After boiling, strain the gravy through a piece of course muslin; warm a heaped tea-spoon of ghee in a stewpan, and fry a sliced onion, put in the meat and gravy together, stir and allow the curry to boil. Put no acid in the curry, serve it with a sour Lime cut in slices in a separate plate.

Chicken Pepper-water.

2. Curry stuff:—3 red chillies, half a tea spoon of jeera, sixteen pepper corns, two tea spoonsful of Dhunnea, half a tea spoon of mustard seeds all to be ground very fine. Put the chicken, cut in pieces, and curry paste together into a stew pan, add water to cover it and stir well and simmer the pepper water until the chicken is cooked. Warm a desert spoon of ghee in another pot, fry a cut onion to a light brown colour, add the chicken, salt to taste and brown it slightly, then pour in the gravy, warm and serve.

Sheep's-Head Broth.

3. After the Head is well cleaned, put it to boil, with five tea-cups of water, for four or five hours, strain and keep the broth aside. When to be served, brown an onion in ghee, remove the ghee, and pour the broth over the onion, add a little salt, ground pepper, and minced mint, simmer for half an hour longer. When the head is first put to boil, have a good fire, when the water boils, skim

well and reduce the fire, and let the broth only simmer. A sheep's head will make two tea cups of broth.

Shin Soup.

4. Break the bone and cut the meat in pieces and put the shin to boil in about five quarts of water. Have a good fire at first for about an hour. Skim the Broth well,—when no more scum arises, add four onions, a few leaves of mint minced, some corns of whole pepper and $\frac{1}{8}$ of an ounce of fresh ginger. Let the whole simmer for four or five hours. Add salt to taste. Before serving the soup, skim off the fat, which place in another pot, brown one cut onion in this, and stir in the broth, which should have a clear bright colour with a good brownish tinge.

Ox-Tail Soup.

5. Cut the tail in the joints, wash the pieces well, and put them to boil in about five tea cups of water—on a good fire. Skim the soup well, and reduce the fire, add $\frac{1}{8}$ of an ounce of ginger cut in slices, ten or twelve pepper corns, one onion minced, three or four leaves of mint, chopped very fine. Let the Soup simmer for three or four hours, when the meat will be tender, and the soup reduced to half its original quantity. After straining add a table-spoon of barley or an ounce of maccaroni or vermicelli and salt to taste. Keep simmering the soup until the barley is cooked.

Chicken Broth.

6. A Chicken cut up and washed, half a tea spoon of salt, half an onion, $\frac{1}{8}$ of an ounce green ginger, three or four pepper corns. Place the chicken to boil with two tea cups of water, remove the scum, add the onion sliced, the pepper corns, and ginger. Simmer the broth for three hours, when it will be reduced to one tea cup. The meat of the neck and some of the pieces of the chicken, can be pounded with a kitchen spoon in a clean stewpan, and stirred into the broth; warn the broth strain and serve.

Chicken Broth 2

Chicken Broth for an Invalid
Get an old fowl or half fowl
& after cleaning it well from
all fibres, put it on a slow
fire with 4 quarts of
water, a tea spoon of sugar
& a half spoon of salt.
Let it boil slowly for 4 hours
or 5 if it is a tough fowl.
Then strain first through
muslin & then through
blotting paper.

To make good Stock for Soup.

Put a piece of meat 4 lbs weight
in proportion 3 lbs of flesh to
one of bone, (of course you can
reduce or add as you require).
tightly bound with a string
with 2 oz of Salt & the bones
separately broken up into a
pot filled with water so as to
completely cover the meat.
Put the pot on the fire & let it
become gradually heated.
As this takes place a scum
will form on the surface which
must carefully be removed
as it rises. When nearly boiling

a coffee cupful of cold water should be thrown into the pot to accelerate the rising of the scum.

The clearness of the soup will depend on all the scum being taken off & on the water being kept from boiling point till it is removed.

This having been done put in a saucepan the following vegetables which should be previously cleared & cut up— a couple of large white onions a clove of Garlic, 2 large or 3 small carrots, 2 or 3 turnips, six leeks, one head of celery, a bunch of parsley & 2 cloves in the onion. Then put in tied in muslin some thyme & marjoram a handful of whole pepper.

a teaspoon of thyme & marjoram will be enough. It will be found by adding the vegetables the boiling will be thrown back as soon however as the bubbling recommences watch the vegetables carefully & remove them when they are done. If you leave them in the pot after they are cooked they will

Beef Broth for Children.

7. Materials 1 lb soup meat * $\frac{1}{8}$ of an ounce of green ginger, a small onion minced, a little salt. Directions—wash the meat, and put it to boil, with three tea cups of water. Have a good fire till the scum rises, which remove carefully. Reduce the fire, and add the ginger uncut, and the onion minced, and let the broth simmer for three or four hours, until the soup is reduced to two cups. If the fire is too strong; the soup will evaporate. This quantity of meat will make 2 tea-cups of very good soup for children. The bone should be broken, and the broth had better be strained before being served, in order to get rid of any particles of bone.

Dinner Soup.

8. Have a lb. of soup meat * cut up in pieces, and put to boil, in four tea-cups of water, skim it well and allow the soup to simmer for three hours or till the meat is tender—Pour off the broth into a clean vessel, and with a Pudding stick pound the meat in the same stewpan in which it was boiled. When the meat is well pounded, pour in a little of the Soup, stir it with the meat, and pour it back with the other soup. Add half a tea cup of water, to the pounded meat, stir well, and pour away the liquid into the vessel containing the soup.—Place a clean chatty on the fire, warm a tea-spoon of the best clarified butter, brown in this a minced onion; when the latter is quite brown, stir in the soup and allow it to brown also. Let it remain on the fire till it boils up—strain the soup through a clean cloth, and place it again on the fire, with a carrot and two potatoes cut in slices.—When the Vegetables are cooked and soft, the soup is ready,—there must be about two tea cups.

* Called by the cooks "~~Chuck~~" or Chucker bone.

Mutton Broth—for the Sick.

9. 1 lb Mutton, free from fat, $\frac{1}{8}$ of an ounce of ginger, 6 Pepper corns, boiled in 2 or more tea-cups of water, for three hours, well skimmed and seasoned with salt

Breast-of-Mutton Soup.

10. Materials, a breast of Mutton, one onion, six pepper corns $\frac{1}{8}$ of an ounce of fresh ginger, salt. Directions—Put the Breast to boil whole, in five or six tea cups of water, when the soup boils up, skim it well and reduce the fire. Add the onion cut in slices, the ginger minced, and pepper corns whole, and continue simmering till the meat is tender, add salt to taste. Remove the fat which preserve for dripping and serve the soup. The boiled breast if not eaten, can be converted into Cutlets, according to the recipe given on another page.

Peas Soup.

11. Steep some dhall over night, and boil the same in three times its measure of water. (A cup of dhall would take three cups of water). Continue simmering till the peas are soft and without adding salt. Add salt to taste and mash the boiled dhall quite smooth. Make some broth, either with sheep's head or beef, and a Ham bone, after boiling this for three or four hours, strain it. Strain also the dhall and mix it with the broth. Brown in ghce some sliced onions, and add the broth—let it cook for another hour. When to be served add mint leaves cut up, and small pieces of toast done very crisp.

Peas Soup without Meat.

12. Materials, Half a lb. of Peas, a couple of slices of Bacon or salt Pork or a Ham bone. Either will answer. Directions:—Wash the peas removing all stones &c. Boil the same in three or four tumblers of water without salt until perfectly soft, which will be in one or two hours. After the soup boils up, let it merely simmer. Keep the liquid part aside and rub the boiled dhall

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spoil the soup. Remove the
muslin bag also. You can
put in a dessert-spoon of sugar
a table-spoon of Harvey's
Sauce & 2 of mushroom ketchup
when it is thus completed.
it must be left to simmer
slowly for 3 or 4 hours.
The soup should be strained
into a basin & left to get cool
so that any remaining
fat may be skimmed off.
The clear liquor is then fit
to be warmed & served
with macaroni, bread
sippets or vegetables, according
to the kind of soup you
wish to have.

A. Home-made Bouilli
Let us assume that the recipe
for the soup has been strictly
carried out as far as the
straining stage & that all the
vegetables have been used, now
place the meat on a dish
remove the string & serve it on a
bed of macaroni previously boiled
till tender & a sauce obtained
by all the vegetables being rubbed
through a wire sieve & mixed
with a portion of the soup or a bit
of stewed cabbage.

through a course clean towel, mixing this with the broth. Cut the Bacon or salt pork in pieces, put the pieces in a stewpan, and fry them for a few minutes, add the peas soup, when it boils up once, reduce the fire and let it simmer for a few minutes longer. Have half inch pieces of toast done very crisp and serve with the Peas soup. Add salt to the Broth if needed.

Baby's Pish Pash.

13. Materials $\frac{1}{2}$ lb. of lean mutton $\frac{1}{2}$ inch of fresh ginger, one desert spoon of fine rice, salt to taste.

Directions wash the mutton whole, cut it in small pieces, and put it to boil in about a tea cup of water. When the scum rises remove it, reduce the fire, and simmer the broth very gently.

Pick and wash the rice and place it in a clean coarse muslin bag tied loosely. Place the bag in the broth, cover the stewpan and cook slowly for about an hour adding a little salt. Remove the rice from the bag; it must be perfectly soft, place it in a saucer, strain the soup which will be about half a tea cup, to be used when cool.

FISH.

Fish are most plentiful during the months of September and October, after the rainy season.

If, on pressing the gills, a reddish fluid appears, the fish is stale; also if the impression remains on the flesh, when pressed by the fingers.

Fish must be carefully washed in several waters, and the surface scraped with a knife. While the operation of cleaning and washing is performed, place the fish on a board; use the latter for nothing else, but keep it for this one purpose. The refuse of fish must be removed from the kitchen quickly, and the board washed, dried well and put away.

The Pomfret is the most esteemed perhaps of Bombay fish. The others are Salmon (called by the natives Soolma) Roball, Seer, Mullet, Lady fish and Bombloes. The latter is very plentiful at certain seasons, and when dried furnish a favourite article of food to a large class of natives. The Gole is a large fish, with a peculiarly firm flesh, not much of a favourite, excepting the head portion which is very highly prized for its glutinous properties, and makes excellent curries.

Tamarind fish is principally made of Seer, Salmon, and large Pomfrets, first salted and dried.

The Bombloes called also *Bombay Ducks* are preserved by simply hanging the fish by their heads to dry, without salting or any other operation.

To fry Salmon.

14. Scale the fish, cut off the fins, cut it into slices $\frac{1}{2}$ or $\frac{3}{4}$ inches thick, place the slices in a clean chatty, and carefully wash each piece, removing every particle of blood. Renew the water five or six times till the fish is perfectly sweet. Drain away the water, and sprinkle the fish well with salt, lay it aside in a plate for 10 or 15 minutes. Wash it again in fresh water and drain well. Make a batter by mixing two table-spoons or more of flour with water and a little salt, rub the batter over the fish, sprinkle each piece on both sides with bread crumbs, and fry in warm ghee or dripping on a moderate fire, first on one side than on the other. Serve hot.

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Sardines à la Norwegian. Anchoas
Open a tin of the best
Sardines, take the fish out
one by one & place them on
a dish. Wipe them free
from oil carefully pick off
their skins & divide each
sardine in half lengthwise.
Give the fillets this obtained
a dusting of white pepper.
Now take an oval pot. See
that it is dry & clean, slice
an onion up & put a layer
of the rings at the bottom
of the pot with a little
cinnamon & one or two pepper
corns. Arrange over this a
layer of Sardine fillets &
continue the process till the
fillets are exhausted & the
pot filled. Pour over the layers
one spoon of vinegar to 4 of
Saldad oil & in a few hours
the sardines may be eaten.
In some cases the sardines
are too soft to be filleted
in that case only skin them.

Prawn Butter

Boil the prawns clean
thru carefully, pound
thru to a paste in a
mortar, mixing a little
butter to assist the
pounding. Now melt some
butter in a sauce pan
mix your pounded prawn
meat in it, & as soon as it
absorbs the butter, having
been well stirred during
the process, flavoured with
a very little cayenne
pepper & powdered mace, take
it out & let it get cold.
The pounding must be
thorough, there should be no
granulated particles of
prawn meat in the butter.

Fried Pomfrets.

15. Lay the fish on a board, remove the scales, scrape the surface of the fish well with a knife, and wash it in two waters.

Place the fish with the head uppermost, make a cut $2\frac{1}{2}$ inches in length on the right side above the fin. Insert your hand in the opening you have made, and remove the inside. Wash the fish again, renewing the water four times. Cut away the fins from the sides, and the middle portion of the tail, just leaving a narrow piece on each side of the latter $\frac{1}{4}$ of an inch at top and tapering to half that size at bottom. Leave a little of the side fins at top just for the look. Sprinkle the Pomfret with salt and lay it in a plate for a few minutes. Wash away the salt and prepare it for frying like Salmon or first egg-and-bread-crumb it over before frying.

Fresh Bombloes Fried:

16. Cut away the tails and fins, likewise the head, take out the inside, and if for frying open the fish down the whole length on the belly side ; remove the back bone without separating the fish ; wash well, renewing the water four or five times. Dry the fish on a clean towel, as dry as you can ; place a small heap of flour on a clean board, lay each fish opened flat on the flour, sprinkle both sides well with flour, and fry in hot ghee or dripping, a nice brown. Serve hot.

Mullets:

17. Mullets are cleaned, prepared and fried in the same way as Pomfrets.

Gole.

18. *Gole* is cut in thick slices, washed and dried like Salmon, brushed over with egg, covered with bread crumbs and fried in hot ghee or dripping.

To fry Fish.

19. To prepare fish for frying (another way) Grind saffron into paste with a little salt, and after the fish is cleaned, washed and drained, rub each piece, or every portion of it well with the saffron, sprinkle well with bread crumbs and fry brown. A red chilly or two may be ground with the saffron and rubbed over the fish if liked.

To Boil Fish.

20. Put the fish to boil in boiling water, the water must be some inches above the fish, and allow a tea spoon of salt and one red chilly to a pint of water, with the juice of half a sour-lime. When the water boils up, remove the scum, reduce the fire and let it boil gently for $\frac{1}{2}$ an hour, less or more according to the size and thickness of the fish. Remove the fish as soon as ready, from the water, and keep it warm till wanted, or serve it quickly.

To Dress Prawns.

21. Wash the prawns well, and put them to boil in boiling water with salt and red chillies, remove the scum as it rises; they will take fifteen minutes to be done enough. Drain them well and serve when perfectly cold. (For a tea cup of prawns allow, a tea spoon of salt, one or two red chillies, and water enough to cover the prawns and be two inches above.) The shells are then removed; before prawns can be eaten, remove every particle of the dark vein running all down the back.

Lobster Patties.

22. Put the Lobsters in boiling water and boil the fish for half an hour. Remove the meat from the shells when cold. Keep the large portion of the shells. Mince the meat small, mince also one small onion for each lobster, $\frac{1}{8}$ of an ounce of fresh ginger and half a fresh green chilly, and a couple of mint leaves. Pounded pepper may be substituted for the chilly. Warm ghee in proportion to your fish,

Fish Pie. ⁸ minced
 Fry 2 Tablespoons of suet
 in a Tablespoon of butter
 till cooked, add one of
 flour & gradually 1 Pint of
 milk, season with salt-
 & cayenne pepper.

Boil two or three eggs till
 hard, then the fish from
 skin & bone. Grease a
 pie dish, put in a layer
 of fish & a layer of slices
 of eggs, till the dish is
 half full, pour over the
 sauce you have made
 which should be cold.
 cover the pie with good
 puff paste & bake.
 Serve with a daphnie sauce
 the dish.

and brown the onion, then add the minced fish ginger &c. with enough salt for seasoning ; fill the shells, with the fried mince, smooth it level at top, and sprinkle with a layer of fried bread crumbs. Put the patties in the oven for a few minutes to brown.

Crabs are dressed in the same way as Lobsters.

Prawn Cutlets.

23. **Materials.** Two dozen large Prawns washed, shelled and cleaned. Remove the black or green vein running along the back also the heads which keep for curry. Chop up the Prawns very small. Just dip a slice of bread in water, press away the water and mash up the bread. Grind or mince fine one onion, two green chillies, a small piece of fresh ginger and six or eight mint leaves. Mix together the prawns, bread and herbs, with a raw egg, season with salt, and if preferred, substitute pounded pepper in place of the chillies. Make the mixture into the shape of cutlets, sprinkle well with bread crumbs and fry them of a light brown colour, in ghee or dripping. (Make the heads of the Prawns into curry with the addition of six or more whole ones according to the recipe given for Prawn curry No. 1 on another page.)

Fresh Bombloe Cutlets.

24. Cut off and throw away the heads of the fish, open them and remove the centre bone, wash the fish well and mince it up fine. Press away all the water, mix with the minced fish, a due proportion of pounded pepper, salt, minced onion, green ginger, green chillies and flour (rice) sufficient to make the mixture into balls. Roll the balls in flour and make them into cutlets-shape and fry a nice brown.

Dhoke, Boiled Fish and Sauce.

25. Boil a large Pomfret or a Mullet, in water coloured with saffron. Throw in a little salt. For the sauce, beat up an egg, add to it when beaten, two or three table spoonsful of the water in which

the fish was boiled, with two desert spoons of table vinegar. Beat the mixture well together. Place a chatty on the fire, warm a heaped tea spoon of ghee, fry slightly a sliced onion for two or three minutes, fry also $\frac{1}{2}$ ounce of fresh ginger, two green chillies and six or eight slices of garlic sliced fine, pour in the sauce, keep stirring till it thickens and season it with salt. Place the boiled fish in a hot plate, and pour the sauce over. Serve hot.

Oyster Stew.

26. Materials.—One tea cup of Oysters, one tea spoon of flour, one onion, $\frac{1}{4}$ tea spoon pepper, two or three mint leaves minced, a desert spoonful of ghee and salt to taste. Directions. Remove from the Oysters all grit and shell, wash them by stirring them with a spoon in their own liquor. Brown a sliced onion then the flour, strain and add the Oyster liquor with more water if needed, when the liquor boils up, put in the oysters with pepper, salt and mint leaves. Stew gently for half an hour and serve hot.

Fresh Bombloe Stew or Aggsall.

27. Materials. Four large fresh bombloes or six small ones, a desert spoon of good vinegar, one onion, $\frac{1}{2}$ of an ounce of fresh ginger, two or three green chillies and six or seven cloves of garlic sliced. The green chillies can be cut down half way in four instead of being sliced. Grind into a paste $\frac{1}{2}$ of an ounce of turmeric to colour the stew. Direction. Warm a level desert spoon of ghee and brown the onion slightly, then add the ginger &c., stir and cook this for a minute or two, add the fish, and a little water coloured with turmeric. This fish, like oysters, gives out a deal of water, so don't let there be more than a wine glass-ful put with the fish. Should more be needed, you can add a little. Cover the handee, and let the stew cook on a moderate fire, shaking the pot occasionally to prevent the stew burning.—A spoon if used would break the fish.—When it rises two or three times to the boil, see if the stew is cooked. (When it is half cooked add the vinegar, and salt to taste).

Another Fresh Bombloe Stew.

28. Cut off the heads, fins and tail and remove the inside of six large Bombloes, wash the fish in several waters, and cut each in quarters, brown a sliced onion in ghee, add the fish, a minced green chilly, a bit of green ginger sliced, and about one table spoon of water. Add salt to taste and more water if required. Simmer the stew till cooked.

Dried Fish Stew.

29. Materials 12 dried Bombloes to be scraped, and cleaned dry, the bones heads and tails removed and the fish cut up into chips and kept aside. Cut in slices four large onions, $\frac{1}{3}$ ounce of green ginger, two green chillies, and six slices of garlic. Grind into a paste two or three red chillies, four slices of garlic, half a tea spoon of jeera and $\frac{1}{3}$ ounce of turmeric. Soak two pods of tamarind in half a coffee cup of water, squeeze the pulp and have it ready. Warm a desert spoon of best sweet oil or ghee, and fry the fish-chips crisp, don't brown them too much or they will become bitter. Mix the ground mussala and the fried bombloes together, and let them stand till wanted. Place a clean stewpan on the fire, with either a table spoon of ghee or two of best sweet oil, throw in the sliced onions and let them fry till they sink which will be in a few minutes, then add the green chillies &c. then the fish; stir to prevent burning, and when the curry stuff is nicely fried, add the tamarind pulp, and as much water as will be needed for gravy, and salt for seasoning. Simmer the stew for ten minutes longer when it will be ready.

Chilly-Fry of dried Bombloes.

30. Materials a dozen dried Bombloes washed, dried and cut in quarters. $\frac{1}{3}$ ounce of turmeric and a bunch of coriander (Kotemer) leaves ground together into a paste. Three pods of tamarind made into pulp with a small tea-cup of water. Three or four onions, three green chillies, six slices of garlic and $\frac{1}{3}$ ounce of green ginger cut in slices, salt to taste and a table spoon of ghee or two of sweet oil.

Directions. Brown the onions, then the ground paste, the ginger &c. throw in the bombloes, stir and roast them for two or three minutes, and add the tamarind pulp and as much warm water as will be required for gravy. Stew gently for fifteen or twenty minutes.

Salt Fish and Tamarind Sauce.

31. Wash two or three slices of salt fish, steep them in water to remove the saltiness for $\frac{1}{4}$ or $\frac{1}{2}$ an hour. (Salt fish is sold in the market cut in slices). Soak two or three pods of tamarind in water, and extract from it a coffee cup or more of pulp not too thick. Cut in slices two large onions, a bit of green ginger and two green chillies. Remove the salt-fish from the water and fry it brown, either in sweet oil or ghee; place it in a hot plate and keep it warm. To make the sauce, fry in hot ghee or oil the onions &c., add the tamarind pulp, stir well, season with salt, simmer for a few minutes and pour the sauce over the fried fish, strewing the onions &c. on top. Serve hot.

Salt Fish Pie.

32. Materials 1 lb. of Potatoes skinned, boiled and mashed well, free from lumps, $\frac{1}{2}$ a lb. of good salt-fish, washed and nicely fried, one or two green chillies $\frac{1}{8}$ ounce of green ginger and an onion minced small; a heaped tea spoon of butter or good ghee; an egg, pepper and fine salt. Directions—mince up the salt fish as fine almost as threads, mix and blend it with the potatoes gradually,—tasting the mixture so that there may not be too much of one or the other; add the minced onion &c. butter, pepper and salt to taste Mix the whole together and press the mass into a buttered dish; spread the beaten egg over the top, and bake the pie for a few minutes,—until a light brown.

Smoked Fish.

33. Clean and wash either a large Pomfret, Salmon, Seer or Mullet in the usual way. Cut open the fish on the belly side and remove the bone, wash well the inside, sprinkle it with a little salt and pepper, and rub butter or ghee all over. Make a fire of a layer of hot coals, spread over the coals two handfuls of Coir fibre or dry grass. Place a gridiron over the fire, rubbed well with butter or ghee, then lay the fish flat on the gridiron, cover it with a thalce, and let it cook for about fifteen minutes on one side, then turn the fish and do the other side in the same way. The gridiron must be large enough to stand the fish on, with legs of about three inches. The fish cooks simply in the smoke; the fire must not blaze.

Samball.

34. Materials. Fish, (usually young Shark) red chillies, turmeric, jeera, garlic,—these (4 last) are to be ground up for curry stuff, green chillies and ginger to be cut in slices; determine the amount of curry stuff by the quantity of fish. Cocoanut one-sixth part of the amount of your fish, scraped fine, a few curry leaves salt and an onion minced. Directions:—Boil the fish, remove the skin and bones of it after boiling. Grind it up fine. Warm some oil and brown your onion, add the ground curry stuff,—let this fry nicely, add the green chillies &c. Stir for a minute or two longer and put in the fish, salt and curry leaves. After the fish is well fried, add the cocoanut, stir and let it simmer for five minutes longer.

Made of Prawns, this dish is very nice. The prawns must be boiled in their shells, the skins removed, and the meat ground fine. Prepare it in the same manner.

To Salt Fish.

35. Get a fine large fresh fish, which the fish woman will cut up in slices for a small sum. To keep it fresh,—sprinkle the pieces with salt at once. Directions. Wash each slice carefully in water three or four times. Remove all blood. Rub every part with pound-

ed turmeric after you have well dried the fish. When the turmeric powder has been well rubbed in, sprinkle it well with pounded salt. Put a layer of fish in a large thalee, covered with paper or sprinkle salt well over, and put another layer over. Repeat this till you have thus packed the whole. Cover the top with paper or plantain leaf, over which place a heavy weight (a large stone.) A piece of tamarind placed in the hollow of each piece of fish, is said to be an improvement. Turn the fish after it has been in the salt for twelve hours. On the following morning, string the fish a few inches apart, on twine, and hang it in the sun to dry for a couple of days, bringing it in before sun-set. Fish thus salted may be used for curries or for tamarind fish.

Tamarind Fish.

36. Tamarind Fish can be made of any large firm fish that is not bony such as Seer, Roeball Salmon or Pomfrets, which do excellently. Materials:—One Seer fish salted and cut into slices, four bottles of good, one or two bottles of weak vinegar, 6 ounces of dry red chillies, 3 ounces of turmeric, $1\frac{1}{2}$ ounce of jeera or cummin seed well picked from sticks and stones, 12 ounces of tamarind free from seeds, two or three tea-spoons of pepper corns, 6 ounces of garlic peeled and sliced. Dry the red chillies, jeera and turmeric well in the sun, grind each separately dry, very fine, and sift the powder through a fine muslin sieve. Wash the tamarind a little at a time, in a cup of vinegar, mix the fruit well with some good vinegar and press out the pulp. Wash the salt fish in the weak vinegar, and mix it together with the ground mussala, garlic and tamarind pulp. Place this in a stone jar, throw the pepper corns on top with a tea-spoon of table salt. Cover the fish with good vinegar, and cork the jar well.

Tamarind Fish another Way.

37. Materials, some slices of firm salt fish, half or $\frac{3}{4}$ bottle of the best vinegar, one or two bottles of weak vinegar, one lb. of

Mrs Stephens' Tamarind Fish

- 1 Sea fish wash in
country vinegar & dry
cut in pieces.
- 1 Sea red chilies
- 1 do Tamarind (ripe)
- $\frac{1}{2}$ Sea Sea Garlic
- $\frac{1}{2}$ do saffron.
- $\frac{1}{2}$ do Green. Chilies
- English vinegar to cover
crushed & mixed well with
the fish, put a little
salad oil to exclude
the air

good tamarind free from seeds, two ounces of jeera seed, four ounces of garlic, four ounces of fresh green ginger, four or five ounces of dry red chillies, and two or three tea-spoons of whole pepper. Directions,—dry the red chillies and cummin seeds for an hour or two in the hot sun, and grind each separately in good vinegar; grind separately also half of the ginger and half the garlic, the rest of the garlic and ginger cut in slices. Pour the best vinegar over the tamarind and press out the pulp, (which must be thick,) with your hands. Place the pulp in a large bowl, stir in the ground mussala, the sliced ginger and garlic and whole pepper. Taste the mixture and see what is deficient, add more ground chillies if not hot enough, and more tamarind pulp if too hot. Stir in a tea spoon of fine salt, and a large wine glass of best brandy, which acts as a preservative and prevents fermentation. Pour some of the weak vinegar in a bowl, and wash each slice of the salt fish carefully, repeat this till you have well washed the whole. Cover each slice of the fish well with the mussala, taking care to stuff some into all the cracks. Have a clean dry jar ready, and put in the pieces of fish, a layer at the bottom, and so on till you have almost filled the jar, then pour in a thick layer of the mussala which must cover the fish, and be about two inches thick. When a portion of the tamarind fish is taken from the jar, take care that the remainder has the mussala on top. Fry the fish in ghee or sweet oil, remove it, and then fry its mussala, if both are fried together the mussala will be burnt.

—For Fish Curries see index.—

MARKETING.

There cannot be a better way of distinguishing good meat from inferior kinds than by personally visiting the market. Meat can be

judged by its appearance almost at a glance, and experience will soon show which kinds are tender and which tough. Have always some fat with your meat, and use it for frying ; as it will be more economical and nicer than using so much ghee. Meat is usually roasted in a chatty, in which ghee or dripping is first put, and the meat is placed with the boiling fat, and at intervals, turned on one side and another till every side is nicely browned and done. A small fire is placed below and hot coals and embers are placed on the cover ; the latter requires to be often renewed.

The practise of roasting on a spit has apparently disappeared ; Bakers allow their customers the use of their oven for baking meats, cakes &c., but only those living near the Bakery could use it to bake the daily roasts ; for the baking of Plum and Christmas Cakes, the baker's oven is better than any stove.

The ovens attached to Oil Stoves bake meats, plain cakes and puddings very nicely.

Roasting, Baking, Boiling, Frying and Corning Meats.

Roast Fowls.

38. The feathers are removed from poultry by placing them in a chatty of hot water for five minutes,—when they are picked easily. Cut the head off close to the body, leaving sufficient skin to be skewered on the back. Remove the inside, taking care not to break the gall bag in drawing, hence draw the inside gently. Press the breast bone out so as to give the fowl a plump appearance. Break the legs at the first joint, drawing out the sinews and cutting off the parts at the break. Truss the fowl by fixing down the knees to the tail by a wooden pin or piece of twine, leaving the stumps

of the legs projecting. Twist the wings on the back of the fowl, the liver being placed as an ornament under one wing and the gizzard under the other. Make a stuffing of a thick slice of bread, soaked in water, squeezed and mashed, a minced onion, four or five leaves of mint chopped, seasoned with pepper and salt. Put this stuffing into the breast, after which close the opening by a skewer. Put into a stewpan, large enough to hold the fowl, a desert spoon of ghee or dripping, when the latter is quite hot, lay in the fowl breast downward, allow one side to roast for ten minutes on a good fire, then turn the other side. When the fowl is quite browned, reduce the fire and let it roast gently, turning it at intervals from side to side and sprinkle it with a little fine salt. It will take an hour to roast a moderately large fowl. When done, remove all skewers and strings and sprinkle the fowl with fried bread crumbs. For the gravy, after removing the dripping and fat, pour into the baking pan four table spoons of warm water, stir and season the gravy thus made with salt, and when hot pour it into the dish with the fowl.

To Roast a Duck.

39. Pick, draw and singe it well. Cut off the head, neck and pinions at the first joint, dip the feet in boiling water and remove the skin; truss it neatly, turning the feet flat upon the back. Reserve the pinions, head, neck, liver, feet and gizzards of the duck (which are termed gibblets) for a stew or pie. Make a stuffing of minced onions, and potatoes (either boiled or raw,) a few chopped mint or sage leaves, seasoned with pepper and salt. Instead of the potatoes have bread crumbs if preferred. Secure the opening with a skewer after stuffing the breast.

Before putting the duck to bake, sprinkle it with a little fine salt, rub it well over with the beaten yolk of an egg, and sprinkle it all over with bread crumbs. Put a stew pan on the fire, warm a table spoon of ghee, and put the duck to roast. For the first five or six minutes have a good fire and then reduce it. Care must be taken, that it does not burn, as in that case the appearance will be spoiled, hence turn the duck from side to side every ten

minutes or less. A duck will take about an hour and half to roast.

The gravy is made in the same way as for roast fowl. A duck may be baked according to the directions given for baking Turkey.

Roasted or Baked Turkey.

40. Follow all the directions given for trussing fowls; make the stuffing also in the same way with the addition of either minced beet suet or a portion of the liver, parboiling it first. The liver must be minced and the stuffing well seasoned with pepper and salt.

Before putting the turkey to bake, throw over it a little fine salt, then rub it over with the yolk of an egg, sprinkle well with bread crumbs and place it in the baking tin. Put small lumps of butter or ghee at intervals over the turkey, and as the butter melts baste the turkey with it. Do this often. A Turkey will take from an hour and half, to two hours to bake according to the size of the bird and the heat of the oven. The gravy is made in the same way as for fowls and ducks.

Baked or Roasted Goose.

41. When a Goose is well picked and cleaned remove the neck and all the parts you cut away in a duck, also the feet and legs at the first joint. Skewer the portion of the wings and legs to the sides of the goose. The stuffing must be according to the recipe given for the stuffing of Turkey, bake it according to the same directions, and it will take about the same time. The gravy must be made in the same way as for Turkey.

To Bake Beef in an oven.

42. Place the meat in a frying pan, or a deep Thalee, rub a little ghee or fat over it, put a little water in the thalee for gravy and sprinkle a little salt over the meat. Allow for each pound twenty or twenty-five minutes for the baking. To know when the meat is sufficiently done, pierce it with a skewer or pin of wood, when the gravy is brown, it is baked enough.

The oven must be heated before the meat or Pudding is put in the Chatty a moderately good fire is needed.

To Bake Meat in a Chatty.

43. Warm ghee or melt dripping or suet, place the meat in the chatty, with a slow fire above and below. Occasionally turn it and baste it with its dripping. Sprinkle over the meat a little salt. For the gravy pour away the fat, put a few spoons of water in the Chatty in which the meat is roasted, stir a minute or two, and pour into the dish the meat is served on. Allow for baking 25 to 30 minutes for each lb.

To Prepare Cow's Heart.

44. Wash the heart well, make a stuffing for it, thus :—Soak a slice of Bread in water, press the water from it, and mash it well, add to it one or two onions minced, six chopped mint leaves, a good sprinkling of pepper, with salt to taste, stuff this into the hollow of the heart, and close it with a wooden pin.

Have on the fire a chatty with a tea-cup of water, place the heart in this, when the water boils up, reduce the fire and let it simmer till all the water evaporates. Then place another chatty on the fire, with a heaped desert spoon of ghee, when the latter melts, put in the heart. Let this bake with a slow fire under, and a few coals on the thalee above. The coals require to be renewed. Turn the heart occasionally so that it may roast in every part. The gravy is made by pouring a little water into the chatty, after the heart and fat are removed, stir this for a minute or two and pour it into the dish, on which the heart is placed. A large sized heart will take an hour to bake, and must be served hot and quickly.

Hints on roasting a leg of Mutton.

45. Mutton taints quicker than Beef,—in a leg of mutton there is what the cooks call “Beenj”, this ought to be removed before cooking. Proceed thus,—lay the Leg with the broad end down.

Unwrap the fold of fat, and in the centre of the right side, make a cut, insert your finger into this, and you will find a ball, almost as large as a marble, remove that, and before you wrap the suet round again, remove any clots of blood &c. that may make the meat go bad, crack the bone at the end and turn it down. Tie the leg with twine. Sprinkle bread crumbs and a little salt over the meat before putting it to bake.

Boiled Leg of Mutton with Caper or onion Sauce.

46 Trim the leg and put it to boil in about six tea cups of boiling water. Remove the scum, reduce the fire and let the meat stew gently with a little salt for about two hours or until tender. After removing the scum, boil with the meat six large potatoes peeled, two tender Nolecoles, cut in halves and six whole onions.

Place the boiled mutton in a dish and pour the sauce over. Remove the vegetables as soon as cooked, and warm them up again in the soup when to be served, and dish each kind separately. Remove the fat from the broth with a feather, season with salt and serve as soup.

Caper Sauce for Boiled Mutton.

47. Mix two table spoons of flour in half a tea cup of pure milk, add to this half a tea-cup of the mutton broth, put the sauce on the fire, stir and when it boils up two or three times, take it down, stir in one tea spoon of butter, two table spoons of milk and $\frac{1}{2}$ pint of capers.

Onion Sauce for Boiled Mutton.

48. Skin three or four large white onions and boil them till tender, chop them quite fine, and stir them in the white sauce in place of Capers, adding salt to taste. Give the sauce one boil up after adding the chopped onions, and pour it over the mutton.

10

Baked Breast of Lamb.

& Cream Sauce.

Broil on a brisk fire turning it frequently when done lay it on a hot platter & season with butter salt & pepper. Melt in a saucepan a tablespoon of butter & stir into it a Table spoon of flour, then add a cup of milk stirring it till it is smooth & scalding hot. Season to taste & serve with the breast.

Boiled Fowl.

49. Prepare and truss the fowl as for roasting, and put it to boil in four or five tea cups of hot water; when the scum rises reduce the fire, and simmer gently until the fowl is tender which will be in about an hour and half. Serve the boiled fowl with the following sauce. Take a tea cup of the soup the fowl was boiled in, take from it two table spoons and stir in the latter one table spoon of flour smoothly, pour over this the rest of the tea cup of soup, place this in a sauce pan, adding to the mixture half a tea cup of pure milk, and one heaped tea spoon of butter, place the sauce pan on a slow fire, keep stirring the sauce all the time, and when it begins to boil, throw in six mint leaves chopped fine and salt to taste. Place the boiled fowl in a dish and pour the sauce over.

Fowl Soup.

50. Simmer the remainder of the soup with a table spoon of barley, season with salt and serve.

Boiled Beef.

51. Put four lbs. of beef to boil in about eight tea cups of water, remove the scum and simmer the meat for about three hours or till tender. Boil with the beef three or four onions, four or five large potatoes and four or five carrots, with a few pepper corns, a tiny bit of fresh ginger and salt to taste. Remove the vegetables when done. Skim the fat off the broth and roast the beef brown, place the meat in a dish, and brown in the same fat half a minced onion, pour over this for gravy half a tea cup of the beef broth, stir well; and when warm, pour the gravy into the dish with the carrots and potatoes. The Broth of the Beef serve as soup.

Rolled Beef.

52. Materials $1\frac{1}{2}$ or two lbs. of Beef, a thick slice of Bread $\frac{1}{2}$ a tea spoon of pounded pepper, $\frac{1}{2}$ a tea spoon of salt, a green

chilly, $\frac{1}{2}$ ounce of ginger, cut in slices, a piece of cinnamon pounded, one onion, and six or seven mint leaves minced fine. Directions:—The meat must be cut as thick as Beefsteak, and be 8 or 9 inches broad. Beat it a little to make it tender. Make a stuffing of the bread (soaked in a little warm water and pulped), mix with it the minced onion, &c. season with the pepper, salt, and pounded cinnamon. Lay the meat on a board, place over it the stuffing and roll it up with the stuffing inside. Wrap round it a sheet of fat, like the fat wrapped round a leg of mutton, and tie the Roll securely with twine. Warm a heaped desert spoon of ghee, and fry the Roll a nice brown, on all sides. Stew it on a slow fire with sufficient water to cover the meat till it is perfectly tender, thicken the gravy with a tea spoon of flour, adding salt to taste.

To Salt Beef.

53. Beef can be salted in the same way as tongue. If Brisket, remove all the bones, carefully cut away all the little lumps of blood you will find in it, and which if left causes beef to taint. Prick the meat well. A nice red colour may be thus obtained. For 6 lbs of meat have 10 ounces of salt, 2 or 3 ounces of jaggry, one heaped tea spoon of salt petre, four sour limes. Heat a "Thowa" place the jaggry on it, stir and brown it for two or three minutes, then add a desert spoon of water, stir and make this into a syrup. Add to this the salt petre and the juice of a lime. Stir for a minute or 2 longer. Rub this mixture while hot on the meat. Let it stand for half an hour and proceed according to directions given for salting tongue.

To Corn Beef Quickly.

54. Materials. Five or six lbs. of Fore rib beef, 12 ounces salt, one heaped tea spoon of salt petre, the same amount of soda, a wine glass of vinegar, two desert spoons of sugar and 3 fresh sour limes. Directions, remove the bones from the meat, place the sugar on the "Thoa" to burn, and when it begins to melt, stir in two tea spoons of water and allow the syrup to darken. Remove the

To cure a Sore throat 3 to 4 lbs weight
Prepare the following

Dazaar Salt. $1\frac{1}{4}$ lbs.

Salt-petre 1 oz.

Bay. salt 1 oz.

Spiced pepper 1 oz.

Moist sugar 5 oz.

The juice of 3 limes & a glass
of good vinegar or if no limes
are procurable 2 glasses of
vinegar.

With rub the tongue with
the dazaar salt, & spiced
pepper the operation will
extend about a quarter
of a pound of the former.
When satisfactorily salted
put the tongue aside & let
it drain.

Then make the brine
take a roomy sauce pan
& put into it the remaining
salt (about a pound) bay. salt,
salt-petre, lime juice & vinegar
& a pint & a half of cold water
Boil these over a low fire,
removing the scum as it rises
when clear of scum let it cool.
Make a separate syrup with
the sugar. An amalgam of
the syrup & brine pour it into

the tub. The tongue after
soaking a few hours should
be placed in the brine
where it ought to remain
for a couple of days.

Wrap in paper & let it hang
in the smoke of the
kitchen for a couple of days.

On head Brown

Skin & clean an ox head
split it in two, take out
the eyes, break the bones of
the jaws remove the
brains & let the whole
soak for an hour or two in
cold water. Then put it in
a stew pan with water
enough to cover it. Boil very
slowly & then add vegetables
& flavourings as if for soup,
when the meat is quite
tender & you can pick the
bones away quite easily strain
the meat from the broth &
vegetables, free it from every
particle of bone & cut up
the meat while it is hot &
juicy rather small seasoning
it with salt pepper & dust it
freely onto the meat, when
continued on page

"Thoa" from the fire, and stir in the saltpetre, when the latter is melted add the soda. Squeeze the juice of the sour limes in a large "Thalee" or Chatty cover, mix with the juice 3 ounces of the salt, and throw in the skins of the limes. Rub the beef first with 4 ounces of common salt, prick it well with a fork in every part, and rub in gradually the mixture made of lime juice and salt. Prick the meat again, and rub into it the burnt syrup adding first to the latter the wine glass of vinegar. While rubbing in the syrup rub the surface of the beef with the lime skins. Place the meat in a large Fry Pan, pouring over it all the brine and syrup, that has dripped from it, put the lime peel on top and a thalee with a heavy weight over. Four hours after, rub the meat again with the remaining 5 ounces of salt, turn it, place it again in the pan with the same weight on top. Boil it the following day according to the recipe given in No. 57.

To Salt Tongue.

55. Material, one tea cup of salt, a desert spoon of salt petre do. brown sugar or goor, one or two sour limes. Before beginning to salt the tongue, cut away carefully all the udder looking bits of fat on it, as these if not removed, will cause it to spoil. Directions mix the salt petre and jaggry with the juice of the limes, prick the tongue well all over and rub in this mixture. Let it stand for half an hour, rub it well then with common salt and limes and let it lay in a large 'thalee', or frying pan, placing a board with a heavy stone over it to allow it to absorb the salt well. Knead and rub it with salt again after an interval of four hours. Do this three times a day for the time the tongue lies in salt turning it each time. After three days wipe it dry, and hang it up in the kitchen smoke to dry.

To Boil Tongue.

56. Put it to boil in a pot of water, let it cook briskly for an hour, carefully removing the scum. For the next hour let it simmer on a moderate fire. Before sending it to table cut off the horny

outer skin, and all the unsightly looking bits on the top. Boil Corn Beef in the same way in.

To know when it is cooked enough try it with a wooden pin or fork, the gravy will be red if not cooked sufficiently.

To Boil Corn Beef.

57. Place the Beef in a large chatty, pour in with it all the brine and as much cold water as will well cover it. Remove the scum and cook the meat till almost tender. Take it from the water, cut off all the dark unsightly pieces of meat from the surface, place it again in a chatty with cold water sufficient to cover it and half a dozen carrots, when the carrots are boiled if both are not wanted immediately, let them remain in the hot water, on a few coals till wanted.

To Preserve Corned or Salt Beef.

58. Salt the meat according to directions given in No. 53. Remove the meat from the brine on the 3rd day and boil it just as you do salt Tongue. Remove it from the water in which it was boiled, and cut the meat in pieces of about one and half or two lbs. Warm very good ghee in proportion to the meat you roast, put the meat in the chatty with the warm ghee and roast them till you are assured no moisture of water remains, they will need only a few minutes to arrive at that condition. When perfectly cold pack the meat in a dry clean jar and pour over the top best ghee, which must be first melted and lie two or three inches thick over the meat. When any portion of the preserved meat is removed from the jar, be sure to cover the top again with the ghee, neglecting this the meat will spoil. Always keep the jar well corked.

To Boil a Ham.

59. A Ham requires to be soaked a whole night if it has been cured long, put it to boil in a vessel with plenty of cold water, remove the scum, and let it simmer slowly. A Ham of ten lbs. will

Brawn.

Get a Pig's head salt it for a couple of days, wash it & put on in sufficient cold water to cover it well. Let it cook gently for about three hours until quite tender, then take it out, remove the bones (which should come away easily) & cut up all the meat into small pieces, putting it into a basin, which should be kept hot over boiling water, or the brawn will set too soon.

Season with pepper, mace & sage, (no salt) put into a pressing tin or pie dish & pour over the meat half a pint of the liquor in which it was boiled, place a heavy weight on the top. The remainder of the liquor will make excellent Pea soup, with the addition of a little more stock.

cut up & mixed press tightly
into a braun tin & let it
get cold. After which it can
be turned out whole &
sliced for breakfast &
lunch. A well cured tongue
& thick slice of bacon cut
into thin & the tongue
boiled & cut & stirred with
the chopped meats, put
into a tin & pressed
down tightly in a braun
tin for 2 or 3 hours with a
heavy weight, adds to the
flavour of the Braun.

To making Glazing for a Tongue etc.

4 ozs clear sheet Gelatine
soaked in a quart of cold
water for 1/2 an hour.
Let it simmer slowly, remove
the scum as it rises, add
a tea-spoon of Bovril's meat
extract or any other &
strain into a jar.

This should be used in a
semi-liquid condition, if
too hot it will form too
thick a coating. If it hardens
stand it in boiling water.

Stewed Steak. The preparation of stewed steak seems almost too simple to need explanation, though experience has shown many besides yourself that cooks have by no means grasped this fact. Cooked as it should be, it makes an excellent dish, nourishing, economical, and simple ; but simple though it be, it requires especial care in two essential points. 1. Every scrap of fat must be cut off the steak. 2. It must simmer and not boil. Any kind of steak may be used—rump steak, beef or bladebone steak. Here is a way of cooking stewed steak :—Take $1\frac{1}{2}$ lbs. of steak about half an inch thick, and cut it into pieces of a convenient size for serving—say two or three inches square—removing all the fat. Put into a jar, add two tablespoonfuls of water, and one of mushroom ketchup ; cover the jar, put it into a saucepan boil for one hour. This is an excellent way of cooking stewed steak, and it has the great advantage of requiring no attention. The steak being in the jar never gets hotter than a simmering temperature, and cannot therefore be spoiled by boiling.

cut up & mixed press tightly
into a brown tin & let it
get cold. After which it can
be turned out whole &
sliced for breakfast or
lunch. A well cured tongue
& thick slice of bacon cut
into dice & the tongue
boiled & cut & stirred with
the chopped meats, put
into a tin & pressed
down tightly in a brown
tin for 2 or 3 hours with a
heavy weight, adds to the
flavor of the Brown.

To making Glazing for a Tongue etc.

4 ozs. Clear sheet Gelatine
soaked in a quart of cold
water for 1/2 an hour.

Let it simmer slowly, remove
the scum as it rises, add
a tea-spoon of Booril's meat
extract or any other &
strain into a jar.

This should be used in a
semi-liquid condition, if
too hot it will form too
thick a coating. If it hardens
stand it in boiling water.

take about four hours. When done, before it cools, skin it and stick cloves at an interval of one inch all over the top, ornament the knuckle with a frill of white paper.

Hunter's Beef.

60. Materials 8 or 10 lbs. of Brisket, 3 lbs. of coarse flour, a coffee cup of table salt, a desert spoon of minced mint, a tea spoon of pounded pepper, $\frac{1}{2}$ a tea spoon each of pounded cloves, cinnamon and mace. Directions: Remove all bones from the meat, prick it well, rub it with the salt, and put a board with heavy weights over. Eight or nine hours after, rub the meat all over with the spice, strew it with the mint leaves and pepper, make the flour with water into 2 cakes, lay the meat on one and put the other over, join the edges of the paste together and bake in a slow oven for 3 hours. When cold remove the crust and pour off and save the gravy.

Hunter's Beef another way.

61. Prepare the meat according to direction given for Salt Beef in No. 53, on the 3rd day take it out of the pickle, place it in a chatty of cold water and wash it a minute or two. Dry it well with a clean cloth, rub it with the same spice and strew it with pepper and mint leaves as in the above recipe. Cover with a coarse paste, and bake in a slow oven, or place the meat in a chatty, fix the cover on with paste, according to directions given for baked stew, (see index) and bake on a slow fire for 3 hours.

To fry Beefsteaks.

62. Cut the Beefsteak about half an inch (or less) thick, beat it with the chopper or roller, arrange it into shape if needful with a wooden skewer, put some ghee or dripping into a frying pan, when quite hot lay in the steak, let it fry on a good fire for five or eight minutes, then turn it, sprinkle pounded pepper and salt on the fried side. The other side will take less time, and to

ascertain when the meat is cooked enough, pierce it with a fork, if the gravy is red fry it more. Remove the Steak into a hot water plate, and fry an onion or two cut into rings. When the onions are browned place them over the steak. Make the gravy by putting two table spoons of warm water in the frying pan, a pinch of pepper and salt, stirring the same till it browns. Pour the gravy in the dish with the steak.

To fry Mutton Chops.

63. Mutton chops are cut from a loin of Mutton and can be dressed in their own fat. They are cut into chops, beaten into shape with the chopper, and fried and seasoned like beefsteaks; they take less time. Mutton Chops are sometimes rubbed over with curry paste and fried. The paste is the same as used in meat curries.

Neck of Mutton Chops.

64. Cut the chops as for Cutlets, trim them in like manner, beat each piece well with the meat chopper, and fry a nice brown. Sprinkle with pepper and salt,—and prepare the gravy in the same way as for beefsteak. Serve hot.

To fry Liver or Bacon.

65. Wash the liver whole, cut it in thin slices, cut also the bacon in slices, warm a frying pan, and put in the slices of bacon; remove them when fried and fry the liver in the bacon dripping, sprinkle the pieces with pepper and salt. When done enough place the liver and bacon together in a hot dish, make the gravy as for beefsteak and pour it into the same dish with the liver and bacon.

To fry Liver.

66. Warm ghee in proportion to your meat, fry the liver first and next two or three sliced onions, and prepare the gravy according to directions given above.

To fry Bacon and Eggs.

67. Cut the Bacon in slices, place the slices in a Fry pan and fry them for a few minutes, dish them in a hot plate. Carefully break each egg and drop one at a time into the pan, and let them fry in the bacon fat. Place each egg on a slice of fried bacon, and sprinkle with pounded pepper.

Pickled Pork or Beef.

68. Cut the meat in slices $\frac{3}{4}$ inch thick. Prick and rub it well with salt, put a board with heavy weights on it for a couple of days. Grind with vinegar into paste for 1 lb. of meat, 6 dry chillies, $\frac{1}{2}$ tea spoon jeera, 1 inch turmeric, and $\frac{1}{2}$ tea spoon mustard seed. Have also $\frac{1}{2}$ tea spoon of sliced green ginger and as much garlic, and the same amount of whole pepper. Wash the salted meat in vinegar, rub it well with the mussala, place the slices in a jar, sprinkling on each layer cut ginger, garlic and pepper corns. Pour over it good vinegar which must well cover the meat. Shake the jar occasionally during the first two or three days. Fry in the same way as mussala beefsteak.

Travellers' or Dried Beef.

69. Cut one or two lbs. of Beefsteak into slices, 3 inches long and a little less broad. Grind with vinegar the following condiments—for 1 lb. of meat, 6 dry chillies, $\frac{1}{2}$ a tea spoon of jeera, one inch of turmeric, $\frac{1}{2}$ a tea spoon of mustard seed, 2 inches of cinnamon and one tea spoon of salt, rub this mixture well over the slices of meat, let the meat remain in a bowl covered up for an hour or two. Bore holes and string the pieces on twine and hang them out in the hot sun to dry ; they are simply broiled in the fire before being eaten. (Dried meat is a reminiscence of the times before railways were introduced into India, meat thus dried were then sometimes used by people who were forced to go long journeys on land.)

Mussala Beefsteak.

70. Beefsteak prepared in the same way as No. 69 steeped in 3 or 4 table spoons of vinegar with $\frac{1}{2}$ a tea spoon each of sliced garlic and fresh ginger, strewed over, may be kept in a covered bowl for 12 or 18 hours. Fry the meat first, and brown and pour into the dish, its own gravy after the meat is removed.

Mussala Mutton.

71. Prepare mussala in the same way as mussala beefsteak ; fry it like mutton chops, do the meat first and brown the gravy after.

Stews and made Dishes.

Irish Stew.

72. Materials, one lb. of Mutton cut in pieces, a lb. of potatoes, and five or six onions cut in slices, a tea spoon of salt, some pepper, a piece of cinnamon, a green chilly, a bit of fresh ginger and two table spoons of milk. (The green chilly and cinnamon may be omitted and instead of milk, add a desert spoon of butter mixed with a desert spoon of flour). Directions cut and wash the mutton, put it to boil with enough water to cover it, skim it well, then add the potatoes onions &c. When the stew is boiled, stir in the milk (or the butter and flour.) A large breast of mutton takes two hours and half to simmer, before it is tender. If the water dries, add a little more warm water. But let your fire be slow that the meat may boil slowly, and the gravy not waste. You can add the potatoes an hour after the mutton, if you do not wish them to mash up quite.

Stewed Sheep's feet
Some Sheep's feet nicely
cleaned, stew in milk
& water for 3 or 4 hours till
quite tender.

Take off the feet arrange on
a dish & remove as much
bone as possible, & make a
white sauce with some of
the liquor in which
they were boiled.

Mix together 1/2 oz flour
& 1 oz butter in a saucepan
when perfectly smooth add
carefully half a pint of the
stock season with pepper &
salt & if liked add a
dessertspoon of chopped parsley
Pour this over the feet & serve.

Beef or Mutton Stew for Pies.

73. Beat the meat a little to render it tender, fry the same, sprinkling over it some pepper and salt. Brown also some minced onions, green ginger, a green chilly if liked and chopped mint leaves. Put the stew on the fire with just enough water to cover the meat and some potatoes and onions. Let it simmer till cooked. A little ground spice may be added for flavoring and a tea spoon of flour to thicken the gravy. Add the flour after the ginger and chillies are browned.

Alamode Stew.

74. Materials. Two lbs. of Beef, three or four Radishes, two or three Carrots, three or four onions, a dozen or less potatoes, a little bit of green ginger, a green chilly or two, and four or five mint leaves. These last three, must be minced. Directions, cut the meat in slices and fry it brown in a heaped table spoon of ghee on a good fire, sprinkling over it pepper and salt. Remove the meat. The vegetables must be cut, the potatoes and onions in halves, and the carrots and radishes half way down the middle. Fry these on the frying pan after the meat has been removed, with the green chilly &c. (adding more ghee if necessary,) on a slow fire. When they are browned put them with the meat in a chatty. Brown a desert spoon of flour in the frying pan and add as much warm water as you need for gravy. Stir this for a minute or two, and pour the gravy thus made over the meat. Add as much water as will cover the meat and vegetables. Let the stew simmer till the meat is tender. Keep the chatty closely covered giving the contents occasionally a stir.

Brown Stew.

75. Boil one lb. of meat in three or four tea cups of water, till reduced to half, skim well. Add three or four onions, and as many leaves of mint, half an inch of fresh ginger and a green chilly. Mince fine the last three. When the meat is half cooked add 4 or 5 potatoes cut in halves and pared. In another pot warm a desert spoon of

ghee, brown a minced onion, and a tea spoon of flour. Brown also, the meat and pour in the gravy. Add salt to taste and let the stew simmer till cooked.

Mutton Stew with Mixed Vegetables.

76. **Materials.** Two Breasts of mutton, a slice of white Yam two inches thick, a slice of white pumpkin of the same thickness, also of red pumpkin, five or six large onions, half a tea spoon of pounded pepper and salt to taste, a desert spoon of flour, do. butter. **Directions,** cut up the mutton and put it to boil with water to cover it. Skim very carefully, and add the onions cut up with enough pepper and salt. Add the vegetables cut in slices and pared, when the meat is partly cooked, and do not let them boil to a mash; so remove them when they are getting soft, and put them back before you remove the stew from the fire. Mix a desert spoonful of butter with the same quantity of flour and stir in the stew, when the meat is cooked tender.

Chicken Stew.

77. Cut the Chicken in pieces; cut up a large onion and fry it, then fry your chicken to a good brown, add sufficient warm water or broth, and let it stand over a slow fire, and when it comes to a boil, add some ground pepper, a quarter inch piece of green ginger and three or four mint leaves minced fine and salt, also two small whole onions—Simmer gently until done. This stew can be made into pies.

Giblet Stew.

78. Giblets consist of the head, neck, feet, pinions, liver, gizzard and heart of ducks and geese. The pinions and neck require to be scalded to remove every bit of feather, and the feet dipped in hot water to remove the skin. When they are well cleaned cut the neck, liver and gizzard into pieces, and put the whole to stew in a saucepan with water enough to cover the meat. When the stew boils

skim it, and put in a sliced onion and a little pepper and salt. Let the stew simmer for an hour and half or two and half hours. The pinions will be done first, remove them and put them back to warm before serving. When the gizzards are tender remove the stew pan from the fire, and warm a spoon of ghee in another chatty, brown a minced onion, when the onion is browned, stir and brown half or a teaspoon of flour, then add the gibbles and brown them also with a few mint leaves, pour in the gravy, stir, warm and serve.

Tongue Stew.

79. Clean six tongues washing them carefully, especially the throat part. Steep them for about five minutes in very hot water. Scrape off the skin. Put them to boil in water just sufficient to cover them. Remove the scum and simmer the tongues for about three hours when they will be sufficiently done. Remove them from the broth, slice each tongue in two, place a clean chatty on the fire, warm a desert spoon of ghee, brown a minced onion, next stir and brown a teaspoon of flour, a tiny bit of green ginger, two or three green chillies and three or four leaves of mint chopped fine. Put the tongues in the same chatty and brown them for a few minutes, pour in the gravy, season with pepper and salt, warm up and serve.

Tongue Stew another way.

80. Clean and cook the tongues according to the recipe given above, when they are tender remove them from the broth and slice each in two. There will be half a large tea cup of broth from six tongues, add to this the juice of half a sour lime, and one green chilly sliced, allow the broth to boil for five or ten minutes and then strain it. When you have browned the onion &c. and tongues as in the preceding recipe, pour in the strained gravy, when the latter becomes a little thick, remove the stew from the fire, and serve hot.

To clean Sheep's Feet.

81. Wash them first in cold water, then holding one in your hand dip it into very hot water, and scrape off the hair immediately. Do the same with the boot part, and take off the boots. If the feet are allowed to cool, the hair cannot be removed. Allow 8 tea cups of water for a dozen feet and boil gently (without salt) for 3 or 4 hours ; add more warm water as the gravy dries.

To clean Cow's heel.

82. Cow Heel is cleaned in the same way, but requires to be simmered longer.

Sheep's Feet Stew.

83. Prepare the stew in the same way as "Brown stew No. 75" omitting the flour and potatoes, and adding $\frac{1}{2}$ a tea spoon of pounded spice.

Breakfast Hash.

84. Put 1 lb. mutton to boil in a tea cup of cold water, skim and boil gently for 15 or 20 minutes; cut in slices. While the meat is being sliced, warm a desert spoon of ghee, brown a sliced onion, stir in and brown also a desert spoon of flour, then the meat with $\frac{1}{4}$ tea spoon of pepper and salt to taste, and if liked a bit of green ginger and a fresh chilly sliced. When the meat is nicely browned, pour in the gravy, and should more be needed pour in a little warm water from the kettle and simmer for 30 minutes longer.

Breakfast Hash.

85. May be made in the same way of cold roast meat, omitting the previous boiling.

Baked Stew.

86 Cut $1\frac{1}{2}$ lbs. beef into slices $\frac{3}{4}$ inch thick, flatten the meat, sprinkle each slice with pepper and salt and dust it well with flour. Place the meat in a chatty. Scrape and cut in 2, 3 or 4 carrots, slice 3 or 4 onions and 1 lb. potatoes, which fry in a desert spoon of ghee slightly brown. When cool place the vegetables over the meat, with 2 inches cinnamon and $\frac{1}{2}$ a tea spoon of minced mint and sufficient water to cover the whole. Make a strip of paste of 2 table spoons of coarse flour, press this on the chatty rim, and stick on the cover well. Allow the stew to simmer for 2 or 3 hours on a very slow fire.

Baked Stew of Mutton.

87. Prepare it in the same way as the above, and the vegetables may be put in raw.

Country Captain.

88. Cut the fowl in pieces, wash it well and boil in a little water with salt until tender. Warm a heaped desert spoon of ghee and brown three or four sliced onions and keep them aside. Brown the fowl in the same ghee (adding more ghee if needful,) with a couple of green chillies and an inch of ginger cut in slices, (or pounded pepper.) Add the gravy, cook for about ten minutes longer, add a tea cup of boiling water or cold, and let the Country Captain simmer for half an hour longer. Serve with the fried onions strewed over.

Country Captain another way.

89. Cut up the fowl, wash and lay the pieces aside. Fry three or more onions cut into rings in ghee, keep these aside. Fry the fowl on a good fire so that the juices may not escape and make the meat tough. Stir round carefully to prevent it burning. Fry also two green chillies and an inch of green ginger sliced. Add a

tea cup of water, a little pounded pepper and salt and simmer till the fowl is tender. When dished sprinkle the onions over the stew.

Country Captain of Mutton &c.

90. Country Captain can be prepared according to the same directions, of Mutton, Veal, Kid or Chicken.

Chilly Fry with Mussala.

91. (1 lb. of meat either raw or cooked cut in inch pieces.) Directions, warm a heaped desert spoon of ghee, and brown an onion, then the meat if cooked for a few minutes only, if uncooked have a good fire and brown it well. When the gravy dries add the curry paste composed of two or three red chillies, $\frac{1}{2}$ tea spoon jeera, six or seven slices of garlic ground. When the Mussala is fried add two tea cups of water, two whole onions, $\frac{1}{2}$ tea spoon sliced ginger and sufficient salt. When it boils up, reduce the fire, and let the "Fry" simmer for an hour or more till the meat is tender. Add tamarind juice in proportion to the heat of the chillies. There must be about a tea cup of gravy when served.

Chilly Fry without dry Mussala No. 2.

92. Take 1 lb. meat, an inch of fresh ginger, 3 or 4 green chillies, 3 or 4 onions, a little ground pepper, and the juice of tamarind. Directions,—Warm a desert spoon of ghee and fry the onions cut into rings, keep aside half of the browned onions. Next brown the meat cut into inch pieces, have a good fire, cover the pan and shake occasionally to prevent it burning. When the gravy of the meat dries, reduce the fire, add the chillies &c. cut fine, which brown slightly, pour in two or more tea cups of water, with a little salt, and let the chilly fry simmer for an hour or two, or till the meat is tender. Then add the Tamarind pulp. Before serving add the fried onions that were kept aside. There must be about a tea cup of gravy.

Lobscouse of Corn Meat.

93. Materials. 1 tea cup cold corned beef, 2 of potatoes, 2 of onions minced small, pepper and salt to taste. Directions. Put a layer of the meat in a handee, and over that a layer of potatoes and onions and so on. Add sufficient water to cover the whole. When it comes to the boil, skim carefully, strew in the pepper, stir and let the stew simmer. Add more water as the gravy dries. The potatoes and onions will dissolve, and mix with the gravy. When done enough, add salt to taste.

Lobscouse of cold roast meat.

94. Lobscouse can be made equally as well in the same way with cold mutton or beef.

Mince for Breakfast.

95. Materials. $\frac{3}{4}$ lb. cold meat minced, also an onion, pounded pepper, salt, a tea spoon of flour, a bit of ginger cut fine and a green chilly. Directions, warm a desert spoon of ghee, brown the minced onion, then the minced meat, stir in the ginger and green chilly cut fine, mix smoothly a tea spoon of flour with two tea spoons of water, stir this in the mince. Add salt and pepper to taste, and as much water or broth as you need for gravy. Stir and simmer for 15 or 20 minutes longer.

Meat Puddings and Made Dishes.

Sea Pie.

96. Make $1\frac{1}{2}$ lbs. of mutton or beef, $\frac{1}{2}$ lb. potatoes, a green chilly, a bit of green ginger, 6 mint leaves and 3 or 4 onions into a stew according to directions given for Stew for Pies. No. 79. Make

a Puff paste of $\frac{1}{2}$ lb. flour and 3 or 4 ounces suet, following directions given for "Puff Paste with Suet" see index. Make the paste into 2 cakes 6 or 7 inches broad, lay one at the bottom of the chatty and place over it the stew and gravy. Place over the stew the 2nd cake, which must reach the sides of the pan quite covering the meat. Cut the paste across commencing from the centre, which will allow the gravy to come over the paste. Secure the cover on the chatty with a strip of paste, round the rim, and simmer the pie for $1\frac{1}{2}$ hours. Pin a paper round the stew pan and serve in the same.

Potatoe Pie.

97. Make a Stew of the same quantity of meat &c. (omitting the potatoes) according to the recipe given for Sea Pie. Skin boil and mash 2 lbs. of potatoes very smooth, without any lumps, which knead into a ball. Place a table spoon of flour in the middle of the paste board, and on it the potatoes. Roll the dough out to the size of the pie dish, turn it that the other side may get flour-ed. Fill the stew in the dish, place the paste over, cut off the surplus portion which use for leaves and knobs to decorate the centre. Brush the surface of the pie with the yolk of an egg, sprinkle with bread crumbs and bake till of a light brown.

Steak Pudding made in a cup.

98. Have some puff paste made according to the recipe given elsewhere with a lb. of fine flour and a due proportion of suet. Line a sneiker with some, and cut a piece for the cover. Pepper and salt some chops or steaks, put a layer of this at the bottom of the cup, over this some cut onions, potatoes and carrots, a little cut mint leaves and spice pounded if you like. Over this a layer of meat. Add enough water for gravy and cover with the paste. Press the cover firmly to the other paste. Let the cup stand in a pot with boiling water reaching half way. It needs two hours cooking on a good fire. The boiling water must be renewed as it dries.

Steak Pudding another way.

99. Remove the bones from $1\frac{1}{2}$ lbs. beefsteak. Cut it in thin slices $2\frac{1}{2}$ inches square. Dust the slices first with pepper and salt, and lastly with flour. Line the inside of the bowl with paste see No. 101 and lay in the meat which must fill the cup, pour in water sufficient for gravy, cover with crust, and unite the edges of the 2 crusts well together.

Steak Pudding another way.

100. The meat and vegetables can be first made into stew see No. 95 and when cool made into pudding just in the same way as the raw meat &c. The pudding so made needs less time to boil.

Crust for No. 2 Steak Pudding.

101. Place in a bowl 13 ounces flour, a level teaspoon salt, and 5 ounces suet minced extremely fine; make this quickly into a dough with water, using the hands as little as possible. Put flour thickly on the centre of the board, lay the dough on this, roll it out, cut a portion for the lining of the pudding bowl, and make the remainder into a crust for the top.

To prepare No. 99 (Steak Pudding) for boiling.

102. When the pudding is ready to boil, take a clean towel dip it in hot water, sprinkle the centre well with flour, place it over the bowl, and tie it round the rim at the bottom with twine, bring the ends of the towel on top and tie again. Stand the bowl in a chatty of hot water, (the latter must be 3 inches higher than the bowl) and boil for 3 hours.

Potatoes and mince Bowl.

103. Materials. Boiled Potatoes mashed (with a little flour if liked). Some cold mince prepared as in recipe No. seasoned with a little English sauce. Put a layer of potatoe paste to line

the inside of a buttered sneaker, fill in the mince, and cover with a potatoe crust pressing the edges together. (Make the gravy of bones and cuttings of meat.) Place the sneaker in boiling water, reaching half way, boil it for 15 minutes or longer. Turn it carefully on a dish before serving. Pour some nice gravy round to serve with it.

Mince Patties.

104. When made into Patties, mix, and prepare the paste as for scones, see index for wheat scones ; cut pieces out with a saucer, put a desert spoonful of mince in each, close well and fry or bake.

Patties of mince Meat and Methee Bajee.

105. Make $\frac{1}{2}$ a lb. of wheat flour into a stiff dough with water, work into it a heaped tea spoon of ghee, knead well. Cover with a damp cloth and keep aside. Warm a heaped desert spoon ghee, brown a minced onion, next $\frac{1}{4}$ lb. mutton minced very small, add 2 green ehillies, 6 cloves garlic and a bit of fresh ginger sliced. Have 10 small bundles of young methee bajee washed, drained, and cut in small bits, add this to the mince and fry for two minutes, pour in 2 or 3 table spoons of water, season with salt and simmer the mince. Stir in the mince the juice of $\frac{1}{2}$ a sour lime when the meat and greens are cooked. Roll out the paste, cut into circles with a tumbler, put in each some of the prepared mince, close—and fry the patties in plenty of ghee.

Mince Pancakes.

106. Materials. A tea cup of milk, two or three eggs, 1 lb. of flour, bread crumbs, some mince made by the recipe for "break-fast mince," but without gravy, an egg for the outside of the Pancakes. Directions. Beat two or three eggs well in a chatty, stir in it flour and milk, with a little salt. Make it into a smooth batter. Fry a large spoonful at a time, on one side only. Do the rest in the same manner. Put a little of the mince in each, roll it

up, rub egg over, and sprinkle with bread crumbs. Fry again in ghee. They ought not to be crisp, and must have a light colour.

Mince Pancakes No. 2.

107. Make a batter of 3 large tea cups of pure milk, 6 large eggs, 12 ounces flour and one salt spoon salt. Fry the pancakes on both sides, place in each a table spoon of prepared mince (recipe given below), and keep them warm by placing the dish they are in over a pan of hot water.

Mince for Patties or Pancakes.

108. Put 2 lbs. mutton (from the shoulder) to roast partially for $\frac{1}{2}$ an hour; when cool cut in bits and grind on a stone, removing all sinews. Slice as much onions as there is meat. Grind 5 dry chillies, 1 tea spoon jeera, 2 inches turmeric. Mince very fine the peel of half a sour lime, 8 green chillies, 2 inches fresh ginger and 1 desert spoon mint leaves. Warm 5 ounces ghee, stir in it the minced herbs for a few minutes throw in the onions cover the chatty and cook them till they sink not brown add the meat, mix it well with the rest; cover again and cook the mince for 2 minutes, put the ground mussala and salt to taste, and when the meat is done, stir in the strained juice of 2 large sour limes.

Potatoe Chops.

109. Materials. One lb. of cold meat minced, one onion, 5 or 6 mint leaves, $\frac{1}{2}$ an inch of green ginger and 1 or 2 green chillies cut fine and some pounded pepper and salt. Remove the skin of the Potatoes before boiling them. Mash the boiled potatoes well, allowing no lumps to remain, and before the mince is enclosed in its paste, work it out smoothly with the "Bellen." Directions. Prepare your mince thus. Warm a desert spoon of ghee and brown the minced onion, then stir in the meat and herbs, with pepper and salt. Let the mince cool. Form a lump of potatoe paste into a ball, and mould the same into a small shallow cup, place some mince

inside the hollow, cover with potatoe paste. Form into shape, egg and bread crumb each, and fry in ghee a light brown. Have a dozen large potatoes for one lb. of meat.

Brenjall Patties.

110. **Materials.** 2 middling sized Brenjalls, a large onion, one or two green chillies, a bit of green ginger, $\frac{1}{4}$ tea spoon of pepper, salt to taste, a table spoon of fried bread crumbs, a desert spoon of ghee and $\frac{1}{4}$ lb. of either cooked or uncooked mutton minced small. **Directions,** Boil the Brenjalls whole till tender; when cool cut them in halves, scoop out the pulp, which cut in very small bits and keep in a covered plate till needed. Keep the Brenjall skins for the patties. Warm the ghee and brown the onion minced, then the mutton with the ginger and chillies; next fry the chopped brenjall pulp, and moisten the mince with a little broth and season the whole with pepper and salt. Fill the skins with the mince, smooth the top, spread the bread crumbs in a thick layer over, scoring the surface in the shape of diamonds; place the patties in a thalee and keep them warm in the stove till wanted.

Corn Beef and Spinach.

111. **Materials.** Some slices of cold Corn Beef, some bunches of Mutt bajee. Prepare the greens according to recipe given for "Mutt Bajee," without the addition of either prawns or minced meat; fry the slices of corn meat, place smoothly over each slice a portion of the greens and serve hot.

Beef Olives.

112. Cut 1 lb. fat beefsteak into 8 or 10 slices, 3 inches square, beat each piece well with the meat chopper. For the Stuffing,—grind a bit of green ginger, 1 dozen pepper corns, as many mint leaves, and $1\frac{1}{2}$ inch cinnamon. Soak and pulp a thick slice of bread, cut into mince a slice of bacon and one large onion, mix these with the ground materials and salt to taste. Lay a tea spoon of the stuffing

on each slice of meat and roll it into the form of a sausage, and tie securely with thread. Fry the Rolls brown in ghee in a fry-pan, remove them when fried, pour a tea cup of warm water in the same pan for the gravy. Warm in a chatty a heaped tea spoon ghee, brown a minced onion, next a tea spoon flour, pour in the gravy with salt to taste, add the olives and stew gently till the meat gets tender.

Kobobs.

113. Kobobs are made with the same materials as cutlets, but simply made into balls, rolled in flour and fried without egg and bread crumbs. The gravy may be made in the same way as for cutlets.

Minced Cutlets of fresh Meat.

114. Materials. One lb. Mutton or Beef, 1 Egg, 2 onions, 5 or 6 leaves of mint, two green chillies and $\frac{3}{4}$ inch of ginger, salt and pepper. Directions. Mince the meat, onions, mint, &c. add salt, and pepper to taste, the egg broken—and make them into round balls. Place each cutlet over some bread crumbs and form into an oval shape. Heat the frying pan, warm a heaped desert spoon of ghee and fry the cutlets a nice brown. If gravy is required, pour away the ghee, and add a little warm water. Stir the gravy for a minute and pour it in the dish with the cutlets. Or pour a tumbler of water or broth in the frying-pan with the fried cutlets, cover the pan close, and let it simmer till the gravy is reduced to half. Pounded spice may be added if liked to the mince with the pepper and salt.

Cold Meat Cutlets.

115. Materials. One lb. of cold Beef or mutton minced fine and pounded on a board with the "Koitha." Moisten the mince with a little gravy or broth, add a minced onion, with its juice pressed out, some pounded spice and pepper, a few leaves of chopped mint, green ginger, a green chilly, and a slice of bread soaked in

water and well squeezed. Salt to taste. Put the meat pulp and the other ingredients together, mix them well with a raw egg, form the mixture into balls, put a layer of bread crumbs on the board, and lay on it, a ball of meat, form it into the shape of a cutlet, sprinkle a thick layer of crumbs over, and fry the cutlets brown in ghee or dripping.

Sheep's Head Cutlets.

116. After the head is boiled, let it cool. Remove the bone, lay it flat on a clean board or dish. Grind up one onion, an inch piece of ginger, ten or twelve corns of pepper, a couple of green chillies, a few leaves of mint, an inch of cinnamon and sufficient salt. Mix this with an egg broken. Rub this over the meat first, then sprinkle bread crumbs well over, and fry the head in a heaped, desert spoon of ghee or dripping.

Sheep's Brain Cutlets No. 1.

117. Remove the Brains from the broth when the latter boils up twice. Let them stand to cool. Cut the brains into slices and proceed in the same manner as cutlets No. 116 are prepared.

Brain Cutlets No. 2.

118. Put the Brains into cold water, place the chatty on the fire, till the water boils. Remove them from the fire and allow them to stand till quite cold. Cut fine some leaves of mint, green chillies, green ginger and an onion. Mash the brains smooth, stir in pepper and salt to taste and the minced herbs. Warm some ghee, brown a minced onion, add the brains,—stir well till the mixture becomes almost dry. Let it cool. Form this into the shape of cutlets, egg, bread crumb, and fry them a light brown.

To prepare Crumb for Cutlets.

119. Place scraps of bread in a coarse bag and hang it out in the sun, bringing it in before sunset. Pound the dry bread into

crumbs, which keep in a bottle or tin for use. In rainy or cloudy weather dry the bread in a stove.

Gravy for Cutlets.

120. Gravy for Cutlets is usually made in the same way as for Beefsteak. A recipe for Tomatoe gravy or sauce is given on another page see index.

Fried Bread Crumbs.

121. Warm a tea spoon of good ghee, and slightly brown two or three table spoons of bread crumbs; for use as directed see No. 110.

Breast of Mutton Cutlets.

122. Put a breast of mutton to boil till tender in 5 or 6 tea cups of water. (Prepare and serve the broth as soup.) When cool remove the small bones and flatten the breast. It can either be left whole or divided into 4 or 5 pieces, and made into cutlets in the same way as Sheep's head No. 116.

Neck Mutton Cutlets.

123. Cut between each bone of the neck, trim each piece by chopping off the bone at the top corner. Scrape the meat upward. Chop off an inch of the bone, leaving the remainder as a handle. Beat each cutlet with the meat chopper and form into shape. Prepare and dress in the same way as No. 116.

Rice Cutlets.

124. Boil a tea cup of rice in the usual way, after drawing off the water, mash the rice with the kitchen spoon, or grind it on a clean stone and keep it aside. Take the same quantity of cold meat, (either mutton or beef.) Pound it fine, or grind it into paste on a clean stone. Warm a desert spoon of ghee, and brown a minced

onion, then the pounded meat, add pepper and salt to taste, a bit of green ginger, and 3 green chillies sliced. Lastly add the rice and give all together a good stirabout. When cold make the mixture into cutlets, rub with egg, sprinkle with bread crumbs—and fry in ghee or dripping a nice brown.

Beef Sausages.

124. Two lbs. of Beef from the round, and half a pound of suet, to be minced fine, seasoned with a desert spoon of salt, a tea spoon of pounded pepper, two tea spoons of pounded spice, and a dozen mint leaves chopped fine and dried on the Thoa on a slow fire. Mix all well together, fill the intestines, tying them with coarse thread at intervals, and hang the sausages in a cool place. Or pack them in a jar, and cover them with a thick layer of melted suet; they keep well thus.

To fry Sausages.

125. Prick them a little first, to prevent their bursting. Fry the sausages in ghee.

Potted Meat.

126. Materials. The proportion of meat and seasoning must be the same as in Beef sausage, the meat must be cold roast or corned meat, pounded fine and mixed with spice, herbs, salt to taste, and a little water, just to keep it from burning. Simmer the mixture on a slow fire till nearly dry. Pour over the whole, half a tea cup of clarified butter, stir and allow this to cook. Let it stand to cool. Press into a small jar or cup,—the butter must form a cake at top to preserve the meat and exclude the air.

Omelet.

127. Take 4 eggs (or more) and beat the whites to a good froth, add the yolks, to the whites, beat both together just to mix them well; add also a little pepper, salt, and a minced onion, and

one minced green chilly, and mix the whole well together for a minute—warm a desert spoonful of ghee in the frying-pan, and pour in the batter, it will cover the pan like a cake, let the fire have a moderate blaze, and when the under part is brown and firm, fold the omelet (either on, or off the fire,) and hold the pan aslant to allow the butter to run under the omelet for a minute.

N. B.—This dish must not stand before being fried, or it will not be firm.

Suet Dumplings.

128. Are made of flour, suet and salt mixed into a dough with water in the same way as Crust for No. 2 Steak Pudding, portions of the dough are broken from the mass, moulded into shape, well floured and boiled in meat stews.

To dress Cutlets omitting the Egg.

129. After the cutlets are formed into shape lay them in batter made of flour and water, (see index for Batter for Brenjalls) turn them, that both sides may have some of the batter; cover them with bread crumbs and fry in ghee.

To dress Potatoe Chops without Egg.

130. When prepared, turn each in the batter, to cover every part, sprinkle with bread crumbs and fry on a slow fire.

To bake Potatoe Chops.

131. Put in the baking tin a little ghee, with the chops one or 2 inches apart, place over each a little butter and bake in a slack stove till slightly brown.

Cheese Toast.

132. Grind some Cheese fine, mix with it mixed mustard, according to taste, butter in proportion to the cheese and the yolk of

an egg. Have the slices of bread ready toasted, and when the ingredients are well mixed, spread the mixture over the toast. Hold the slice of bread over the fire, on a fork, until the spread looks a nice brown.

Egg Toast.

133. Materials, six slices of Bread toasted, (the crust grated off) buttered and sprinkled with milk sufficient to soften the bread, 6 Eggs, $\frac{1}{2}$ a coffee cup of milk, a tea spoon of Butter and a green chilly.

Directions. Put the milk in a chatty, allow it to warm but not boil, stir in the butter and the eggs, white and yellow together, with salt to taste. Stir this carefully on the fire for a few minutes, but do not let it boil, take the chatty down from the fire, and stir the mixture well. Place it again on the fire for a minute or two, remove and stir again. The mixture must look like Curds. Lay some on each slice of bread, cut the green chilly into very fine slices and sprinkle over the toast. Serve Egg toast for breakfast.

Pullow.

134. Materials. A fine fat fowl, one lb. of table rice, about two table spoons of best ghee, one heaped table spoon of plums picked and washed, 16 or 18 almonds blanched and cut into slices, three or four onions sliced, six cloves, four inches of cinnamon, half a dozen cardamons, eight or ten hard boiled eggs. Directions. Put the fowl to boil in sufficient water with three or four small onions till it is tender. Fry first the plums in ghee and keep them aside, then the almonds, remove the latter and fry the onions. Keep each separately. When the fowl is boiled, brown it also and keep it aside. Next fry the rice in ghee, and add to it the broth, which must cover the rice, and be two and half fingers breadth above. While the rice is boiling, add a heaped tea spoon of salt and the spice, stir it occasionally to prevent it burning and allow it to simmer till the grains are perfectly cooked. Serve in a flat dish. Place a layer of the rice and then the fowl. Cover with the rice.

Howl's liver Roast.

Put the livers after cleaning into a small saucepan with a pint of cold water let it boil gently for 15 minutes. Drain the livers & pound in a mortar; mix with them an oz of butter a saltspoon of salt & a little cayenne pepper. I have ready some squares of Hot Buttered Roast; spread the liver thinly on them. Stand them in the oven for a few minutes to get thoroughly hot then serve at once.

Sardine Eggs.

Four eggs, 4 Sardines, one dessert spoon of chopped parsley. Boil the eggs from 8 to 10 minutes, then put them into cold water; scrape the sardines gently & pound in a mortar. Peel the shells off the eggs & cut them in halves take out the yolks & add them to the sardines in the mortar, with the parsley, a little salt, pepper & an oz of butter. Add altogether & fill the whites & close them. Put on a dish & decorate with strips of Roast & sprigs of parsley.

Nourishing Sandwich

For an Invalid

A Beef Sandwich that may be given to an Invalid is made by chopping very finely a small piece of tender uncooked Beefsteak season with salt & pepper & spread between thin slices of slightly buttered bread. Trim off the crusts cut into small squares.

Cut the hard boiled eggs in halves, and arrange them over the rice, strew over the whole the fried onions, almonds and plums.

A large fowl if tough requires one or two hours to boil, and four or five tea cups of water, if tender three cups of water and less time. Pulloo is excellent made of a leg of mutton, or with a Chuck bone and a pound of nice bones made into broth. The Chuck bone when boiled will be useless; the leg of mutton after being boiled, must be browned in ghee and served with the Pulloo just in the same way as the fowl.

Rice to Boil.

135. Boil half a chatty of water, wash the rice and put it in the boiling water. The water must be three or four inches above the rice, and must boil briskly, and for a lb. of rice it needs a well heaped tea spoon of salt. When it boils up, skim well, throw in the salt and stir the rice. Keep on boiling till on pressing the rice between your fingers, only one grain is felt, then take down your chatty and keeping the cover on, drain off the water. Keep the chatty in which the rice is in, turned down on a table, with a prop at one end, to let any remaining water drain away. Before serving, turn up the handee, wet a cocoanut shell spoon in a little cold water, and stir the rice to separate the grains.

Kidgeree.

136. Materials. Half a tea cup of Soorthie dhall, one tea cup of fine rice, a heaped desert spoon of ghee, a little salt. Directions. Put the dhall to cook in boiling water, when it is half cooked, add the rice. The water must be two fingers breadth above the rice and dhall. Throw in a tea spoon of salt. Let the kidgeree cook on a slow fire untouched, occasionally stir it a little in the centre, with the handle of the kitchen spoon, just to keep it from burning. When the water dries, pour some good ghee gradually round the sides of the chatty. When the grains of rice and dhall are soft, the kidgeree is ready. Thor and Mussoor dhall also are used to,

make kidgeree, and preferred by many to Soorthie. If the last mentioned dhalls are used they can be boiled together with the rice.

Cocoanut Rice.

137. **Materials.** Half a lb. of fine rice, half a large cocoanut, three or four small onions, 5 or 6 cloves or 8 or 10 corns of pepper, a little turmeric for colouring, and salt. **Directions.** Scrape the cocoanut, mix some warm water with the raspings again and again, till there is sufficient liquid to cover the rice and be three or four fingers above. Colour the cocoanut milk with a little turmeric. Add the rice to the milk. Have a good fire at first, reduce it when the rice is nearly cooked. Throw in a small tea spoon of salt and the spice, also the onions. The latter must not be cooked too soft, so as to mash up. Be careful that the rice does not burn, so let the fire be low and stir the rice in the centre with the handle of the kitchen spoon occasionally.

Bagathed (fried) Kidgeree.

138. Clean $1\frac{1}{2}$ tea cups of rice and $\frac{1}{2}$ tea cup of Mussoor dhal, wash both together in 3 waters. Warm a table spoon of good ghee and brown 2 large onions sliced, remove and keep $\frac{1}{2}$ of the fried onions aside. Throw in the rice and dhal with the fried onions in the chatty which stir and fry for 5 minutes in the same ghee add 2 teaspoons salt, and cover the rice with boiling water which must be 3 inches above the rice, and simmer the kidgeree for $\frac{1}{2}$ an hour or till the grains are cooked. Serve in a dish with the fried onion you reserved strewn on top.

To boil rice.

139. Carry out the instructions given in recipe 135, but boil the rice till the grains are perfectly cooked, then pour in the chatty one or two tea cups of cold water, immediately put on the cover and drain off all the water. Turn the chatty over, lay it on a board with a prop at one end for 20 or 30 minutes.

Macaroni.

140. **Materials.** $\frac{1}{4}$ lb. of white flour, and the whites and yolks of two eggs, to be mixed together, well kneaded, and divided into three portions, each piece worked out with a roller, till very thin like paper. Then hung to dry on the back of a chair, over a clean cloth, for a few minutes. When dry, double up each piece of paste, like you do pancakes, then cut with a knife, into narrow ribbons $\frac{1}{3}$ of an inch in width, separate the strips, and put them to boil in boiling water shaking the Pan occasionally. The Macaroni will cook in a few minutes. Drain well. Place a Frying pan on the fire, warm 2 Table spoons of Ghee, throw in two heaped Table spoons bread crumbs first, and then the Macaroni, stir till it becomes slightly brown. Serve with Roast meat. The Macaroni can also be boilde in Milk and eaten with sugar. N. B. When Maccaroni thus prepared is made into Sauce it is simply boiled.



Vegetables, Salads, and Sauces.



A practice obtains in Bombay which must be very *unwholesome* of boiling green vegetables *long* before the dinner hour, and letting them lie in cold water, warming them up when they are to be served. The cooks say this mode preserves the colour, which probably is true; but can no better way be devised than one which destroys both their goodness and flavour, an expert in the art of cooking says "In boiling green vegetables the colour can only be retained by quick boiling in plenty of water, in an uncovered saucepan.

Potatoes to Boil.

141. After removing the skins, put them to boil in water just

enough to cover them, with sufficient salt. Middling sized potatoes take half an hour, and large ones longer. Pierce them with a fork or wooden pin to see when they are sufficiently done. Pour off the water, leave the pot open and let them dry, shaking the chatty occasionally. Reduce the fire considerably. Serve immediately.

Mashed Potatoes.

142. After they are boiled, pour the water away, mash them well adding some butter, and a little salt. Stir and warm before serving if necessary.

To give potatoes a mealy look. When boiled and the water poured away, add a little cold water, and put the chatty on a slow fire and shake often. It must be served immediately, as the frosty appearance soon disappears.

Fried Bringals.

143. Cut the Bringalls in slices, $\frac{3}{4}$ or half an inch thick, slightly score each piece with a knife, across and across on both sides, sprinkle a little pounded salt over each slice and keep them aside. Wash and dry them well, then rub beaten egg over each piece, strew bread crumbs well over, with a little pounded pepper, and fry in ghee.

Brenjalls fried with Mussala.

144. Materials. 2 Brenjalls, salt, ghee, grind one table-spoon of roasted coriander, an inch of turmeric, 10 corns of pepper, a salt spoon of jeera, two or three red chillies, 4 or 5 slices of garlic and $\frac{1}{2}$ an inch of ginger with a tea spoon of salt. Directions—Cut the Brenjalls in halves, scoop out some of the pulp, mince it fine, mix it together with the ground curry stuff, place the mince in the Brenjal skins, rub over with beaten egg, sprinkle thickly with bread crumbs and fry a nice brown.

To use up cold Potatoes
 Grate a pound of cold
 potatoes & mix with them.
 3 eggs, 3 spoons of milk, a
 little salt, & sufficient flour
 dredged in to form a dough
 just stiff enough to roll
 out thin; cut out little
 round cakes; put them
 in boiling water to boil
 5 minutes, then drain
 dry on a napkin. fry a
 delicate brown.

French Beans

The beans must be tender
 Strip off strings & ends, put
 them in water for an
 hour, drain, & throw them
 into a saucepan of boiling
 water, with a little salt
 & boil rapidly uncovered for
 a quarter of an hour. Drain
 quite dry, put them in a
 saucepan with 3 oz butter
 a teaspoon of chopped
 parsley, let them fry for 1/4
 of an hour add the juice
 of a lime & a little pepper.
 Serve very hot.

Stewed Cabbage.

Take a good sort of cabbage
pick it carefully & let it
soak in salt & water for
an hour; if a large head
divide it into quarters.
& even a small head had
better be treated so too.
When thoroughly clean
steam the quarters or
plunge them into boiling
water & after boiling for
quarter of an hour take
them out & drain them.
Now dress a thick slice
of bacon a little parsley
marjoram & thyme with
a pinch of sugar pepper &
salt to taste put in a
stewpan & put on the fire
as soon as the bacon melts
lay your cabbage in it
of flour round sufficient
gravy to half cover them.
Strain the gravy thicken
with flour & butter & pour it over
the cabbage. & deliver the
gravy better the result.

Needbrook,

Needbrook leaves make an
excellent spinach

Brenjalls fried without Egg.

145. Nagpore Brenjalls are 4 or 5 inches thick, cut one in 4 slices, slightly cut each slice on the surface as directed in the preceding recipe. Sprinkle the pieces well with salt, lay them on a plate to drain for 10 or 15 minutes. Sprinkle the whole with pepper. Make a thick batter of one or two table spoons of flour mixed with water, dip the slices of brenjals into the batter, which must adhere to every part. Sprinkle each slice on two sides thickly with bread crumbs and fry a nice brown in plenty of ghee or dripping.

To boil French Beans.

146. Put some hot ashes and a live coal in cold water, place this on the fire, and let it boil. Remove from the fire and strain. Put the water to boil again, throw in the beans and boil for half an hour. Salt must not be forgotten. (French beans must be cut down lengthways in three.) Drain away the water quite, sprinkle over them some pounded pepper, and stir in a little butter.

Bendahs.

147. Bendhas are prepared in the same manner, but only sprinkled with pepper.

Yams.

148. Yams are boiled like Potatoes,—the skins are not removed. Try them with a wooden pin, if they are easily pierced, they are done sufficiently. Pour off the water, and let them roast on hot coals till they are dried.

Cabbage to Boil.

149. Directions. Strip off the dead leaves and cut off the stalk. Cut it across and across a little way, at the same end. Tie it across and across in the same direction, with a piece of twine.

Wash it well. Put water to boil just sufficient to cover the vegetable, put it in when the water boils. Throw a tea spoon of salt in the water. It will take about an hour. Pierce it with a wooden pin or fork, if tough, boil longer. When cooked, put on the cover of the chatty, and pour off all the water. Remove the cover and place the chatty on a slow fire to dry the vegetable, giving it an occasional shake. Remove it into a "Thalee," placing another on top of it and press out all the water that remains. Serve on a hot water dish, sprinkle some pounded pepper, and spread butter over the cabbage.

Sweet Potatoes,

150. Wash them well.—place them in boiling water, and boil them until they are cooked. Allow them to cool. Remove the skin, cut them down the middle, egg and bread crumb each piece, and fry them a light brown in hot ghee. Serve with Roast meat. Sweet potatoes can be prepared also like yam.

Nolekole.

151. Nolecoles must be skinned first, and then put into boiling water with a due proportion of salt, and boiled till tender. Pass a fork through the stem part, to ascertain when they are sufficiently done. Drain them well, cut each Nolekole in half, sprinkling some pepper over and serve.

Turnips.

152. Turnips are cooked and served in the same way as Nolekole.

To boil Cauliflower.

153. Boil one Cauliflower with a tea spoon of salt in boiling water, (and $\frac{1}{2}$ tea spoon of carbonate of soda, if you wish to preserve its colour.) Boil till sufficiently cooked which can be ascertained by passing a fork through the stem. Remove from the water, and drain well. Serve whole.

The Onions.

A very presentable dish is made with onions boiled till tender in milk, cut them up as finely as possible, mash them & pass through a wire sieve, mix the pulp well adding a coffee cup of cream & milk enriched with the yolk of an egg, pepper & salt. Put it into a shallow pie dish & brew a layer of grated cheese over the surface & bake for a few minutes till it gets a little brown. Sprinkle butter the pie dish & also sprinkle a little melted butter over the cheese.

Bea & Potato Salad.

1 lb Cold Cooked Potatoes

1/2 Pint Cold Cooked Bea.

1 Tea. Spoon Chopped Parsley.

Salt & pepper.

Slice the potatoes thickly, mix the potatoes, bea & parsley.

Season with Salt & pepper.

Arrange in a glass bowl.

add a simple dressing of oil & vinegar.

Boiled Peas.

Put 1 lb of peas with a tea spoon
of salt, one of sugar $\frac{1}{2}$ oz of green
mild in the jar, when it boils
pour in a pint of shelled peas
boil quickly when done.
Drain & turn them out on a
frying pan with an oz of
butter, sprinkle a little
salt & finely powdered sugar
over them work the pan
till butter melts & is blended
with the peas then serve on
a hot dish.

Peas in the jar.

Shed $\frac{1}{2}$ a pint of peas put them
in a 2 lb jar with a screw
lid & a blocky tin with a
close fitting top / the vessel
must be completely closed.
Put in a table spoon of butter
a salt spoon of salt & a tea spoon
of powdered sugar, a dozen
mint leaves & a very little
black pepper. Close the vessel
tightly & boil briskly, the peas
should be examined oc-
casionally an hour, by which time
if very young they should
be done. The tinned are excellent
headed this way.

To boil Peas.

154. Green Peas should be cooked in boiling water and salt very soon after they are shelled. When they are done enough, drain them and put them into a dish with a little butter. Stir gently till the butter is mixed well with the peas.

Spinach.

155. Materials. Some Mutt Bajee, salt, pepper and butter. Directions. Wash the greens well, strip the bark off the stems, that are tender, tie them in bunches, and boil them in water, till they are quite soft. When done drain the water off, squeeze the greens as dry as you can. Chop up the boiled spinach and put into a stew pan with a little salt, pepper and butter. After stirring it for a minute or two, put it into a dish, form it into shape, and mark into squares with a knife, cutting it through, so that it can be helped easily.

White Pumpkin.

156. Remove the rind, seeds, and soft pith of the vegetable, cut it in thick slices, boil it for about one hour, throwing some salt in the water. Drain it when boiled and serve with white sauce.

Red Pumpkin.

157. Remove the rind and seeds, cut the pumpkin in thick slices and cook in plenty of hot ghee or dripping for about 15 minutes. Sprinkle the slices with pepper and salt and serve with roast meat.

To boil Beet-Root.

158. Wash the Beet-Root properly, taking care not to break the fibres or rind in order to preserve its colour. Boil the vegetable either in hot or cold water; if large it will take $1\frac{1}{2}$ hours. When boiled remove the skin, cut it in slices and serve.

Mashed Cold vegetables.

159. Chop up in small pieces cold potatoes, cabbage, carrots or any firm vegetable, (not bendas) mix them together, warm a tea spoon or more of butter according to the amount of your vegetable, stir and heat them in the butter, seasoning the mass with pepper and salt. Form into a mash and serve hot.

Carrots.

160. Scrape the vegetable, wash it well and boil it in water with a little salt, for about one hour or until tender, which may be ascertained by piercing it with a fork. Serve with corn meat.

Square Beans.

161. This also can be cut in lengths and boiled like French Beans. The jagged sides must be removed.

Snake Vegetable Gourd.

162. This is cut in lengths and boiled like French Beans.

Dried Seeds.

163. Dried vegetable seeds such as peas, wall papre &c., might be utilised, by being first soaked in cold water for 8 or ten hours, and boiled and dressed like green peas.

To boil Potatoes quickly.

164. Peel and cut potatoes in thin slices, boil them in water just covering them. Drain well, mash smooth, stir in a little butter and salt and milk if liked.

To boil Potatoes in their skins.

165. To boil Potatoes in their skins Scrub them first to remove all soil, place them in a saucepan with cold water enough to cover them. When the water boils throw in for 1 lb. potatoes a tea

Peas a la Francaise
 Green Peas. 1 lump Sugar
 A tiny piece Soda. a Sprig of Mint.
 Salt.

Shell the peas & put them
 into boiling water with sugar
 soda salt & mint.

Cook till tender then drain
 Add 2 Tablespoons of good
 white sauce, or cream for
 every $\frac{1}{2}$ pint of Peas. Also
 dust on sugar & pepper.
 Serve very hot.

spoon salt; simmer slowly. When done drain away the water and serve hot.

Brenjall Salad.

166. **Materials.** A large brenjall, an onion minced, one or two green chillies and an inch of ginger minced, a wine-glass or more of milk pressed from cocoanut scrapings with vinegar. **Directions.** Roast a brenjall in hot ashes till sufficiently cooked. Scrape out the inside, and mix it with the minced onion &c., and add the milk and vinegar with salt to taste.

Red Pumpkin Salad.

167. **Materials.** A slice of red pumpkin, one or two inches thick, a large onion, one or two green chillies, half an inch piece of green ginger, a table spoon or two of thick cocoanut milk, the juice of a large lime, salt to taste. **Directions.** Skin and cut the vegetable in pieces, boil it in very little water, but do not let it burn. Throw in a little salt. When boiled press out the water, add to it the onions minced, also the green ginger and chillies cut very fine. Mix this well together and add salt to taste. Stir in the cocoanut milk strained and lime juice, a little at a time, tasting the salad so as not to make it too sour. If you cannot get a lime, squeeze the milk of the cocoanut with a little vinegar, and use that instead.

Salad of Square or Portuguese Beans.

168. A dozen square beans, a handful of small prawns boiled and shelled, a table spoonful of white scraped cocoanut, an onion minced, $\frac{1}{2}$ an inch of green ginger and 2 green chillies minced also. The juice of one or two sour limes. **Directions.** Wash the beans well, and cut away the ragged edges of the four sides. Cut them in thin slices across, they have a pretty shape then, and the pink seeds form a good contrast to the green outside. Boil this in water with a little salt. When boiled, drain away all the water, put the boiled beans in a soup-plate, and mix with it the boiled prawns, minced

onion, ginger, chillies and scraped cocoanut. Add as much lime juice as is needed for acid, and salt to taste. Press it into the plate. This is a pretty looking salad, when arranged nicely.

Methe Bajee Salad.

169. Directions. Wash the Bajee carefully, cut off the roots, tie the greens loosely in a napkin, and let all the water drain away and the leaves dry. Make the same sauce as for lettuce salad, which mix with the bajee.

Cucumber Salad.

170. Materials. One Cucumber, one onion, $\frac{1}{4}$ inch of green ginger, a green chilly, a salt spoon of pounded peppor, vinegar. Directions. Peel the cucumber, and cut it into thin slices, sprinkle with salt and let it stand for some minutes, pour away all the water that it gives out, pressing it gently with the back of a small plate to get as much more as you can. Cut the onions in round rings, and mince the chilly and ginger, mix the cucumber with the last two articles, sprinkle pepper over, garnish with the onions, and add sufficient vinegar to flavour and moisten the whole.

Salad of Salt Bombloes.

171. Materials. Six salt Bombloes cleaned (dry) and roasted nicely, two white onions, half inch piece of fresh ginger minced fine, two or three green chillies, a table spoon of best vinegar. Directions. Break up the roasted fish into lengths, splitting them down and removing the inside bone, add this to the ginger and minced green chillies; cut the onions into rings, pour the vinegar over the fish, let it soak well, turning the fish about. Decorate the top with the sliced onions. This is a nice salad to serve with fish curry and best prepared with freshly roasted bombloes.

Beet Root Salad.

172. Cut the boiled Beet-root in slices and lay them in a deep

Salad dressing. ^{hard-boiled}
 Beat the yolks of 2 ~~hard~~
~~boiled~~ eggs with a tea
 spoon of made mustard
 which has been mixed
 with water. Add to this
 drop by drop olive ~~oil~~
 oil stirring constantly
 until the mixture
 becomes very thick, then
 add two teaspoons of
 powdered sugar & one
 small one of salt mixing
 thoroughly. Squeeze in
 the juice of a lemon.
 Beat well & if too thick
 add a little cream or
 milk. The lemon & cream
 may be omitted & vinegar
 used if preferred. This
 dressing with lettuce
 celery or potato makes
 a delicious salad.

plate with sliced onions, add a sprinkling of pounded pepper and as much vinegar as will moisten the whole.

Lettuce Salad.

173. Dip the lettuce, before you divide the leaves, in water, which shake off; wipe the leaves and cut them in pieces, do not mix the sauce with the lettuce till 10 or 15 minutes before it's wanted. To make the sauce, boil an egg quite hard, when cold, take out the yolk and rub it smooth in a soup plate with a spoon, add a tea spoon of salt, a desert spoon of made mustard, and mix well. Next add a table spoon of vinegar, and finally a table spoon of Salad oil. Place the lettuce leaves in a bowl, pour the sauce over, and stir them well together with a fork. Chop up the white of the egg which use to ornament the top.

White Sauce for boiled Fish or white pumpkin.

174. Mix one desert spoon of fine flour in a tea cup of pure milk, stir it well and let it boil up two or three times. Remove the chatty from the fire, stir in a tea spoon of butter and salt to taste.

For another white Sauce see recipe for "Boiled Fowl."

Parsley Sauce.

175. Parsley Sauce is made by adding a desert spoon of minced parsley or mint leaves to white sauce.

Mint Sauce for cold Mutton.

176. Wash a bunch of mint, shake off the water, and mince fine a table spoon of the leaves, and put them into a sauce bowl with four table spoons of English vinegar and three or four tea spoons of sugar. Stir the sauce to melt the sugar.

Bread Sauce for roast fowl.

177. Steep a couple of slices of bread in warm water, drain and

press away the water, and put the bread to boil with half a tea cup of milk, 6 pepper-corns, salt to taste, and 4 or 5 minced mint leaves. When the sauce boils up, take the chatty down from the fire and stir in it a tea spoon of butter.

Tomatœ Sauce to keep.

178. Cut tomatoes in halves and dry them 3 days in the sun, bringing them in at sunset. Give them a shake when putting them out in the morning. Make the Sauce according to the directions given for sauce for tongues No. 181 Proceed thus, warm a desert spoon of sweet oil, brown well in this a minced onion, when the onion is brown and crisp, remove and throw it away. Pour the sauce with the oil, stir and simmer it on a slow fire till it becomes as thick as table sauce. Bottle when cool and cork well.

(One desert spoon of oil and one onion would do for a tea cup of sauce.)

Tomatœ Sauce (to keep.)

179. Materials. 150 Tomatoes, $\frac{1}{2}$ lb. green ginger, $\frac{1}{2}$ lb. dry chillies, $\frac{1}{2}$ lb. garlic, and $\frac{1}{2}$ lb. salt, the last four articles to be ground fine in Vinegar. $1\frac{1}{2}$ quarts vinegar, $1\frac{1}{2}$ lbs. Tamarind.

Directions steep the tamarinds in $\frac{1}{2}$ quart of vinegar for 6 hours, strain the same through a piece of curtain net rejecting the stones and fibres, add to the strained pulp, the rest of the vinegar, and all the other ground condiments. Break the Tomatoes, into the mixture, and boil the whole stirring all the time until the sauce thickens. Remove it from the fire and when cold, strain carefully and bottle the liquid, which is the sauce. The bottles should be put out in the sun for one or two days.

Tomatœ Sauce (to keep).

180. Slice 4 lbs. tomatoes, 4 oz. garlic, 4 oz. green ginger; have a clean dry jar with a good cover, place in it the tomatoes &c., with 4 oz. salt, 1 bottle vinegar, 1 lb. sugar and 1 lb. washed

Tomatoes à la Italienne
Cut the tomatoes in halves
scop out the pulp & seeds &
place them on a baking dish
upon which you have poured
a little good salad oil.

Make a mixture of grated
Ham, bread crumbs, some
finely minced shallots, parsley,
marjoram & thyme seasoned
with pepper & salt mix this
with the pulp & fill the cases
covering them completely.
Shake a few salad oil drops
over all & bake for a few
minutes serving the dish
hot. The proportion of bread
crumbs to the Ham should
be 2 thirds of the former to
one of the latter.

Tomato Sauce. (Mrs. Hall)

6 lbs. Tomatoes. 3 lbs. Sugar. 1 lb. Raisins.
8 oz. Dates. 4 oz. Green Ginger. 7 oz. Garlic
8 oz. Red. Chilies. 3 bott. Vinegar. Salt to
taste. Raisins. Dates. Ginger. Garlic &
Chilies to be ground very fine in wine
steamer the Tomatoes & throw away
the liquid from them, then add
the vinegar & other ingredients &
cook for 1 1/2 an hour. Keep in a
glazed vessel for a week & then
strain & bottle.

A good Chili Sauce

Yak 24 large Tomatoes
4 white onions 3 pepper corns
4 Table spoons of Salt - the
of cinnamon $\frac{1}{2}$ a Table
Spoon of ground cloves &
allspice mixed, a Tea cup
of Sugar with a pint & a half
of vinegar, peel the Tomatoes
& onions, chop fine, add
the vinegar, spices Salt &
Sugar, boil slowly for 3 hours.
Bottle & seal.

and dried plums minced small. Close the jar tightly, shake well and leave it unopened for 18 hours. Boil till the tomatoes are soft and strain the sauce thro' a coarse towel. Keep in well corked bottles.

Tomatoe Sauce for (12) Stewed Tongues.

181. Place in a clean chatty six large tomatoes broken in two, 6 peppercorns, six slices of garlic and a bit of green ginger just pounded and bruised a little, 3 red chillies broken, a tea spoon of jaggrey, and a lump of tamarind as much as will form a ball as large as a sour lime, and $\frac{1}{2}$ a tea spoon of salt. Pour in half a coffee cup of good vinegar, mix all well together, and simmer the mixture in a covered chatty until the tomatoe become soft. Strain thro' a coarse towel. Mix this sauce with the broth of the tongues, warm it up, place the tongues in a dish and pour the sauce over.

Tomatoe Sance for cutlets.

182. Take 6 large tomatoes, halve them, bruise 6 slices of garlic and a little more fresh ginger than garlic, mince a small onion and boil all together in half a tea cup of water with six peppercorns for 15 minutes or till the tomatoes are quite soft. Strain the sauce through a coarse towel rubbing well through the pulp of the tomatoe, warm it up and serve with mutton or beef cutlets.

Maccaroni Sauce for Boiled Meat.

183. Materials. Boiled Maccaroni made according to recipe given elsewhere, 3 Table spoons of Salad oil, 4 large onions sliced, $\frac{1}{2}$ a tea spoon of sliced ginger, $\frac{1}{4}$ tea spoon of pounded pepper, 4 or 5 mint leaves chopped, 10 oz. of tomatoes, salt to taste, broth of the beef. Warm the oil and fry the onions, throw in the tomatoes sliced, ginger, pepper, salt and mint. The tomatoes must fry with the onions, when they are cooked, pour in the broth, when the latter gets warm, put in the boiled maccaroni. Serve the boiled meat in a dish, with the maccaroni all round.

Tamarind Sauce for Roast Pork.

184. Boil a handful of ripe tamarinds in a large tea cup of water with a bit of green ginger, a tea spoon of salt, and 2 dry chillies. Strain the pulp which sweeten with sugar.

Brain Sauce.

185. Wash a large brain in two waters, place it in a bowl of cold water to soak for half an hour. Put it in a chatty with fresh cold water and salt, when it boils, remove all the scum and gently boil it for 15 minutes or till cooked. Mash it well and take out the fibres. Make the sauce thus. Mince a large onion and 4 green chillies which place in a bowl, with one table spoon each of Salad oil and vinegar; mix the mashed brains with the sauce.

For Caper Sauce see index.

For Onion Sauce „

For Sauce for boiled fish see recipe for Dhope.

For Salad Sauce see recipe for Lettuce Salad.

**Curries and Foogaths.**

Curries are our most popular dish, and are made in a variety of ways. The mussala is composed of roots spice and seeds, which possess valuable properties; and are utilised not only in our kitchens but also in medicine and confectionary. The elements which make curries unpleasantly hot for the palates of new arrivals, may be almost omitted, but in time the taste for moderately hot curries is acquired. Children brought up here, turn to rice and curry for a meal in preference to other dishes, and those two dishes combined form indeed to many in India the staple article of diet.

A good Curry Powder.

- | | |
|--------------------------|---------------|
| 4 lbs of Turmeric | Haldi |
| 8 lbs of Coriander Seed. | Dhunnia |
| 2 lbs Cummin Seed | Jeera |
| 1 lb Poppy Seed. | Khushk Khushk |
| 2 lbs fenugreek | maythi |
| 1 lb Dry Ginger | Sonh. |
| 1/2 lb Mustard Seed. | rai |
| 1 lb dried Chilies | Sooka mirchi |
| 1 lb black peppercorns. | brala mirchi |

This amount when properly mixed will fill 1/2 doz fruit bottles & will keep a long time.

Weigh most carefully & after being carefully cleaned weigh it again.

A good plan is to make a paste sufficient for the curry in hand & add to it the following paste freshly made.

- 1 small onion, 1 clove of Garlic
- 1 dessert spoon Turmeric 1 of a Spoon
- freshly roasted coriander
- 1/2 of poppy a tea spoon of
- peppercorn pepper one of sugar
- one of salt & one of grated
- green ginger. Pound these
- with good salad oil, also 12
- Almonds & 1 oz of coconut.

Mix the two pastes & stir well

A heaped up table-spoon
of this paste to one of the
other will produce an
excellent result.

Duck Curry.

186. Roast brown 3 table spoons coriander, 6 dry chillies, 2 inches turmeric, roast slightly $\frac{1}{2}$ tea spoon methee, one tea spoon kuskus, $\frac{1}{2}$ tea spoon jeera. Grind these together with an[?]finch of green ginger and 6 cloves garlic. Warm a table spoon of ghee, brown a sliced onion, then the ground mussala, add the duck, cut in pieces, stir the whole together, cover the chatty and let it roast for a few minutes. Pour in two tea cups of water and simmer the curry till the duck is tender. Season with salt. $\frac{1}{4}$ of an hour before dinner strain and add the extracted milk of $\frac{1}{2}$ a cocoanut and lastly the juice of one sour lime.

Fowl Curry.

187. The mussala is the same as in the recipe for Chicken curry No. 189, but the quantity must be double, omitting the ground eocoanut. The milk of $\frac{1}{2}$ or a whole cocoanut must be prepared according to receipe No. 217 Prepare the curry thus—warm a table spoon ghee, brown 2 sliced onions, keep half till wanted. Put in the fowl, cut in pieces, cover the chatty and roast it on a good fire, shaking the pan often that it might not burn. When the ghee appears, brown the mussala nicely on a slow fire, then pour in the mussala water and the thin cocoaunt milk strained, which must be sufficient to cook the fowl. Season with salt. When the meat gets tender add the acid, and 10 minutes before dinner the thick milk and the reserved onions.

Fowl Curry.

188. The mussala ground is the same as in meat curry No. 194 but half as much again, with the addition of 2 almonds and 1 table spoon plums; $\frac{1}{2}$ cocoanut to be ground seperately as smooth as butter and $\frac{1}{4}$ to be scraped and the milk extracted with a little warm water. A large fat fowl to be divided as usual and simmered for 2 hours or till tender in sufficient water to make the gravy. Make the curry thus, warm a table spoon ghee, brown an onion slightly

then the curry stuff well, put in the boiled fowl, cover the chatty and roast it for a few minutes, add the ground cocoanut, stir for a minute or two and pour in the broth. When it boils up, acidulate the curry with the strained juice of $\frac{1}{2}$ or a whole lime, determining the amount by your taste. Season with salt, and lastly add the cocoanut milk.

Chicken Curry.

189 Materials. A chicken cut into pieces, a desert spoon of ghee and a small onion, an inch of turmeric, 6 slices of garlic, a tea spoon of kus-kus, half a tea spoon of jeera, six corns of pepper, two desert spoons of coriander, $\frac{1}{8}$ of a cocoanut roasted, the juice of one sour lime or a desert spoon of tamarind pulp for acid, three to six chillies, a little spice if liked and half an inch of fresh ginger. Directions. Roast the dhunnea (and sift the skins), also the red chillies and kus-kus, Grind all your mussalla into fine paste with the cocoanut. Warm the ghee and brown the onion slightly, reduce the fire and stir in the mussala, add the chicken with a little salt and let it brown slightly on a good fire. Cover and shake the chatty. Add as much warm water as you need for gravy, and to boil the chicken. Simmer on a slow fire till the meat is tender, then add the lime juice. You can use more ghee and less mussala if you think the curry too hot.

Chicken Curry with Tomatoes.

190.. Grind 3 red chillies, 6 cloves garlic, an inch turmeric, a square inch of green ginger, a desert spoon roasted and husked coriander, $\frac{1}{2}$ a salt spoon jeera, $\frac{1}{2}$ a small bunch kotemer leaves. Warm a heaped desert spoon ghee, brown a sliced onion, next the curry paste, add the chicken cut up and washed, with a little salt, let it fry for a few minutes with the chatty covered. Remove the seeds from 2 large tomatoes, throw the latter with the chicken and fry for 10 minutes longer. Pour in $\frac{3}{4}$ tea cup of water and simmer the curry till the meat is tender, when add the strained juice of half a sour lime.

Meat Curry with Curds.

191. Grind for mussala $1\frac{1}{2}$ inches turmeric, a bunch of coriander leaves, 6 green chillies, 8 cloves garlic, $\frac{1}{4}$ ounce fresh ginger and 2 inches cinnamon ; mix the mussala in $\frac{1}{2}$ a tea cup of sweet curds. Place in a deep dish 1 lb. mutton or beef cut in inch bits, and mix the meat, curds, mussala and 2 sliced onions all together, covered up for 2 hours. Brown a sliced onion in a desert spoon ghee, throw in the meat &c., season with salt and let the curry cook on a slow fire till the meat becomes tender and the ghee floats.

Meat Curry with Pastry.

192. Make $\frac{1}{2}$ lb. flour into a stiff dough with water and $\frac{1}{2}$ tea spoon salt. Roll out the paste, cut it into 2 inch squares. Make the curry with the same mussala and in the same way as the recipe for meat curry No. 191 but the meat must be fried after the mussala, without being boiled first, and then boiled either in water or thin cocoanut milk. When the meat is cooked add the pastry with a little warm water if the gravy is insufficient, and salt to taste. 5 or 10 minutes before dinner, pour in $\frac{1}{2}$ a tea cup of thick cocoanut milk, No acid is needed.

Dhall and Meat Curry.

193. Put $\frac{3}{4}$ tea cup of dhall in 3 tea cups of boiling water and boil till the grains are soft. Strain the pulp through a coarse towel or bit of curtain net, saving the gravy. The mussala to be ground--- 1 desert spoon of coriander roasted and husked, $\frac{1}{2}$ tea spoon jeera, $\frac{1}{2}$ tea spoon pepper, 4 red chillies, 6 or 8 cloves garlic, $\frac{1}{4}$ oz. fresh ginger, $1\frac{1}{2}$ inches turmeric. Warm a table spoon ghee, and brown a sliced onion, then the mussala and a lb. of fat mutton or beef cut in inch pieces, when both are nicely browned, add the dhall pulp with salt to taste ; have a very slow fire and let the meat &c. cook gently for 10 minutes, then pour in the dhall gravy and the mussala water and as much warm water as is needed to cook the meat and form

gravy. Simmer the curry till the meat becomes tender. No acid is needed.

Meat Curry.

194. Cut up in inch pieces 1 lb. mutton or beef and simmer it till tender in 2 tea cups water. Prepare the milk of half a cocoanut according to recipe 217. Grind 2 heaped table spoons of roasted and husked coriander, $1\frac{1}{2}$ inches turmeric, $\frac{1}{3}$ tea spoon jeera, $\frac{1}{2}$ tea spoon pepper, 2 or 3 red chillies, $\frac{1}{8}$ oz. fresh ginger, 6 cloves, garlic. Brown a sliced onion in a desert spoon of ghee, then the curry paste, throw in and fry the meat with salt to taste, stirring all together on a slow fire. Pour in the mussala water and the broth which must be a little less than a tea cup. When the curry boils up, add the acid and continue simmering, and lastly add $\frac{3}{4}$ cup of thick cocoanut milk.

Meat Curry called Mussala Fry.

195.. Materials. Half a lb. of meat, half tea cup of dhunnea, an inch piece of cinnamon, two cloves, one cardomon, $\frac{1}{4}$ tea spoon of jeera, two or three red chillies, half a tea spoon of kus-kus, an inch piece of turmeric, do fresh ginger, five or six slices of garlic and $\frac{1}{4}$ of a cocoanut, or a little less. Roast the coriander, chillies and cocoanut on the Thoa, and grind them with the rest of the mussala into a fine paste. Boil the meat first. Warm a desert spoon of ghee in another handee, and brown slightly an onion sliced, stir in the curry stuff and meat together and brown nicely, add the broth and if you want to, some vegetable. Simmer gently. Lastly add the acid.

Curry can be made without boiling the meat first, if the latter is tender. After browning the onion and curry stuff, brown the meat and simmer it either in cocoanut milk or water till cooked, when add the acid.

Frithath Curry.

196. This is a very hot curry, too hot for most people. **Materials** one lb. of Beef, a table spoon of ghee, one onion, 3 pods of tamarind and 3 or 4 table spoons of vinegar. The curry stuff to be ground with vinegar.—Half a tea spoon of jeera, 8 or 10 corns of pepper, 6 red chillies, two inches of turmeric, 4 cloves, 5 cardomons and two inches of cinnamon. Cut four green chillies down the centre, ten cloves of garlic and $\frac{1}{4}$ ounce green ginger into slices. **Directions.** Put the ghee in a chatty on the fire, warm it and fry a cut onion, also the green chillies, ginger and garlic slightly. Add the meat cut up as usual, cover the pan and let it cook in the ghee. Have a good fire or your meat will get tough by the extraction of its juices. Shake occasionally to prevent it burning. When the gravy evaporates and the ghee appears, add the curry paste (reduce your fire) and let it brown till it gives out a pleasant smell. Be careful that it does not burn. Lastly add the curry stuff water and a tea cup of water. Extract the juice of the tamarind with three desert spoons of vinegar. Add this to the curry, simmer gently till ready. Omit the onion if the curry is wanted for the day following. Add the acid gradually lest the curry should be made too sour.

Curry of Sheep's Feet.

197. **Materials.** 1 doz. feet, a desert spoon of ghee, (grind with vinegar into a paste) $\frac{1}{2}$ a tea spoon of jeera, an inch of saffron, 6 cloves of garlic, 6 or 8 peppercorns, 4 cardomons, 2 cloves, and 4 or 5 red chillies. **Directions,** Clean the feet as directed elsewhere, and put them to boil in plenty of water, (let the water, be two or three inches above the feet) add more from the kettle to supply the waste. Simmer till they become very tender. Warm the ghee in another chatty, brown the mussala, then stir in the feet, with the gravy and salt to taste. Boil the curry and serve.

Sheep's Feet another way.

198. One dozen feet divided in the joints, cleaned and washed. **Directions,** Boil the feet as elsewhere directed see index. Grind

into a paste $\frac{1}{2}$ a small bunch of coriander leaves, 2 or 3 green chillies, 6 or 8 cloves garlic, a bit of green ginger, $1\frac{1}{2}$ inch turmeric, 8 or 10 pepper corns, 1 red chilly, 2 inches cinnamon, 2 or 3 cloves, the seeds of 2 cardomons. Warm a desert spoon of ghee or the oil from the heels, brown a minced onion, next the mussala nicely, add the broth and mussala water. When the broth boils up, put in the feet and salt to taste, and if liked a desert spoon of tamarind pulp.

Cow Heel curry.

199. Prepare Cow heel curry in the same way as Sheep's feet.

Tripe curry.

200. Cut 1 lb. cow tripe (well washed and cleaned) in pieces, boil it in 5 tea cups water. Skim and simmer it for 3 or 4 hours or till tender.

Roast slightly and grind very smooth $\frac{1}{2}$ a cocoanut, which leave till wanted. Grind 3 table spoons roasted and husked dhun-nea, 2 or 3 dry chillies, $\frac{1}{4}$ tea spoon jeera, $\frac{1}{4}$ tea spoon mustard seed, 1 tea spoon kus kus, 3 pepper corns, $1\frac{1}{2}$ inch turmeric, 4 cloves garlic, 1 inch green ginger. Brown a sliced onion in a heaped desert spoon ghee, next 3 or 4 curry pak leaves for a minute or two, next brown nicely the mussala on a slow fire, adding gradually its water. Add the boiled tripe with salt to taste, and roast slightly, pour in the broth, simmer for 20 or 30 minutes, stir in the scraped cocoanut, and lastly add the acid, either lime juice or tamarind pulp.

Tripe Curry (another way.)

201. Make the curry in the same way as No. 200, but omit the cocoanut. The curry stuff must be the same as used in Frithath Curry, but ground in water not vinegar, and green chillies, ginger and garlic sliced see No. 196. The acid can be either lime juice, or tamarind pulp.

How to clean Tripe.

202. Get cow tripe, dip it in a chatty of very hot water, not boiling for a minute, holding one end in your hand. Lay the tripe on a board and scrape it clean with a knife, pour the hot water over it from a jug and continue the washing and scraping till the tripe is white and clean.

Kabob Curry.

203. Kabobs can be made into curry thus,—grind up dhunnea, jeera, turmeric, garlic, red chillies and green ginger, scrape $\frac{1}{4}$ or half a cocoanut according to your proportion of curry, press the milk of this and keep aside. Warm some ghee and brown a cut onion, then the curry stuff, brown this nicely, add the curry stuff water, and as much water as will be almost sufficient for gravy with a little salt, cover and let this cook well,—add the Kabobs and lastly the cocoanut milk. The allowance of ghee, and curry stuff must be made with reference to your amount of meat.

Stick Curry.

204. Have some wooden pins made of Bamboo, about three inches long; the meat for this curry may be either cooked or raw, but cut smaller than usual. There must be the same curry stuff ground for this as for the common meat curry, but there must be some sliced garlic, onions, and fresh ginger. Each stick must be strung with a piece of meat, a slice of onion, another piece of meat, then a slice of fresh ginger, a third piece of meat a slice of garlic, repeated until you have disposed of the whole of your meat. Fry these sticks in ghee till the meat is cooked, and let them stand while you proceed to make the curry. Place a chatty on the fire, warm a desert spoon of ghee, fry a sliced onion, then the curry paste, put in the "Sticks" and stir them with the mussala, then add a tea cup or more of thin cocoanut milk for gravy and let the curry, simmer on a slow fire, add salt to taste, acidulate with lime juice, and a few minutes before serving pour in half a tea cup of thick cocoanut milk.

Cold Meat Curry.

205. **Materials.** 1 lb. of cold roast meat, a sour lime, a couple of onions, a slice of roasted cocoanut, all the mussala you put in meat curry, with two tea spoons of slightly roasted kus-kus, no spice. **Directions.** Cut up the cold meat and keep it aside, grind the cocoanut very fine—(removing its dark skin,) till it is as soft as butter. Grind the curry stuff separately. Pound an onion, warm a spoonful of ghee and throw in the onion, brown it slightly, add your curry stuff, brown this till it smells pleasantly, add the ground cocoanut and stir for a minute or two longer, then put in the meat and the curry stuff water. Let the curry simmer, adding as much warm water as you require for gravy. In a few minutes it will be ready. Add the lime juice just before serving.

Mince Meat Curry with Green Mussala.

206. **Ingredients** 1 lb. of mutton or tender beef minced, an onion minced. Grind up a bunch of kotemer (coriander leaf) two or three green chillies, six cloves of garlic, $\frac{1}{2}$ tea spoon of jeera, and turmeric and fresh ginger of each one inch piece. **Directions.** Mix the curry paste and the minced meat together, with a little salt, warm a desert spoon ghee, brown the onion first, then stir in the mince and fry it nicely, then add a small tea cup of water, and let the curry simmer gently with a slow fire below and a coal or two and hot ashes on the cover. Renew this last as the heat dies. There must be very little gravy. This mince curry is very nice put into paste and fried as Patties.

Mince Meat Curry.

207. Meat minced mixed with mussala makes a nice curry, and is quickly made of meat either cooked or raw. Brown a minced onion in ghee, then 1 lb. minced meat, stir well and add the curry stuff, stir and add its water, and about a wine glass more of water. Let it cook only a few minutes, if the dish is made of cold meat. This is a capital curry for Picnics, quickly made and no acid is needed. The curry stuff is the usual kind for meat curries.

Meat Curry (Mahratha mode.)

208. Place a Thoa on the fire, with a heaped tea spoon ghee, and brown $\frac{1}{2}$ a fresh cocoanut in bits, one large onion, 1 tea spoon shajeera, 1 of anise seed, 6 peppercorns, 2 inches cinnamon, the seeds of 2 cardomons, 2 or 3 cloves, 4 or 5 dry chillies ;—grind these, with 1 table spoon roasted and husked coriander, $1\frac{1}{2}$ inches turmeric, a small bunch kotemer leaves, a bit of green ginger and 2 green chillies. Cut up, as for curry, 1 lb. of mutton or beef, and mix it with the mussala. Warm a table spoon ghee, brown $\frac{1}{2}$ a garlic sliced, then the meat and mussala in a closed chatty for 5 minutes. Add the mussala water first, and next a large tea cup of water. When the meat is nearly cooked, pour in $\frac{1}{2}$ a tea cup of warm water, season with salt, and boil gently till the meat is tender. If liked, five or ten minutes before dinner, add $\frac{1}{2}$ a tea cup of thick cocoanut milk. No acid is needed.

Snake Vegetable Curry with Mince Meat.

209. Materials. One snake gourd, one lb. of minced meat, half a cocoanut scraped, two onions, some ghee, salt. The curry stuff, to be ground fine without being roasted, 3 or 4 red chillies, $\frac{1}{4}$ of a heaped tea spoon jeera, an inch and half piece of turmeric, 6 or 8 cloves garlic. Directions Remove the skin of the gourd by rubbing it with salt, cut it into four inch lengths and boil in water with salt for fifteen minutes, without removing the inside portion. Take half the scraped cocoanut, and with a little warm water press out some thick milk. Keep this aside. Grind up the rest very smooth till it resembles butter. Remove the inside of the boiled vegetable. Warm a desert spoon of ghee, and brown a sliced onion, then half of the mussala, add and fry the mince meat. If the meat has been cooked before, fry it for ten minutes, if raw, cook it longer. Fill the mince in the hollow of the vegetables, and keep them aside. Place another chatty on the fire, warm another desert spoon of ghee, and fry another sliced onion, then the remaining portion of the mussala, and the ground cocoanut, add the stuffed

vegetables, and roast them for five minutes, then add the curry stuff water and as much water as is needed for gravy. Lastly add the cocoanut milk. No acid is required.

Duck Vindaloo.

210. Have a large fat duck, and after it is well washed in water, dry it well in a clean towel, and wash it again in weak vinegar. Cut it in pieces as for curry. Grind into paste with vinegar on a clean well dried stone the same mussala as is used in Frithath Curry No. 196, and cut in slices green ginger and garlic; determine the quantity of mussala by the size of the duck. Rub the pieces of duck well with $\frac{2}{3}$ of the mussala, lay the pieces in a large bowl, and strew over each layer a little fine salt and a portion of ginger and garlic. Pour over the whole good vinegar, cover the bowl and let it stand for 6 or 8 hours. Warm 6 oz. of ghee, or $\frac{3}{4}$ of a tea cup of mustard oil, fry the remaining mussala, then add to it the duck, mussala and vinegar in the bowl, cook the curry in an earthenware chatty on a slow fire for two hours. When cold, place the curry in a jar or bottle. The vinegar and oil must cover the meat. No water must be used in the preparation of vindaloo.

Fowl Vindaloo.

211. Is prepared in the same way as Duck.

Beef Vindaloo.

212. Prepare Beef vindaloo according to the recipe given for Duck; and if vindaloo is carefully prepared and the jar well corked, it will keep for 3 or 4 days, and perhaps longer.

How to Warm Vindaloo.

213. Take the quantity you need to use from the jar, and simply warm up the curry in its own gravy, being careful to note that the meat is well covered with the pickle, and the jar well corked again.

Buffath of Fresh Meat.

214. Boil gently 2 lbs of Beef in 2 tea cups of water, and carrots, radishes, potatoes and onions,—3 or 4 of each. Remove the vegetables as soon as they are done. Prepare the same ground mussala as for Frithath Curry No. 196, grinding it in vinegar with $\frac{1}{2}$ a tea spoon mustard seed. Have sliced garlic, ginger, and green chillies cut half way. Warm a heaped desert spoon of ghee and brown the meat, then the ground mussala, on a very slow fire, add its water and the boiled vegetables, cover the chatty and allow the contents to simmer for 3 or 4 minutes. Pour in the broth of the meat with the sliced ginger &c., season with salt. It will be done sufficiently when the Buffath boils up 2 or 3 times. Serve the meat in a dish with the vegetables round, and the gravy poured over.

Buffath of Cold Meat.

215. Have the same mussala ground as in No. 214 omitting the mustard, and adding a slice of fresh cocoanut. The spice may also be omitted. Grind the mussala in water, and prepare sliced ginger, garlic and green chillies cut half way. Brown in ghee a sliced onion, then the ginger &c., and the mussala. If for a whole fowl, pour in the chatty, half a tea cup of water, a small wine glass of vinegar, and the pulp of one or 2 pods of tamarind, or only as much as will give the gravy a pleasantly acid taste. When the gravy boils add the meat, and simmer the buffath on a very slow fire. It will be done enough in about 15 minutes.

How Curry Mussala is prepared daily.

216. The usual ingredients for mussala are coriander, dried chillies, cummin seeds, turmeric, garlic and fresh ginger with a few pepper-corns. The two first are placed on a thoa, stirred and roasted, till the coriander is crisp enough to break when pressed. It is then pounded in a mortar for 2 or 3 minutes, placed in a plate, the latter is gently shaken, which separates the husks. The husks are removed, and all the mussala placed on a curry stone and

ground with a little water to moisten it. When the ground paste is removed, a little water is poured on the stone, mixed with the remaining mussala, and poured into the saucer with the ground mussala. This liquid is called "mussala water."

How Cocoanut Milk is prepared.

217. This is obtained by scraping the white part of a cocoanut into fine flakes, pouring over it $\frac{1}{2}$ a tea cup of warm water, kneading the flakes for a minute or two, and squeezing out all the milk; repeat this twice. This is called the "thick milk." Repeat the process twice or thrice again with warm water, and get as much liquid as you need for the stewing of the curry. This last is styled "thin milk."

Hints about Cocoanut Milk.

218. When the gravy of a curry is made of cocoanut milk, the chatty should never be covered, because then the milk curdles and spoils the curry. It is said however, that if there is no salt in the curry, the milk will not curdle even when the chatty is covered.

Acid for Curries.

219. Tamarind pulp is made by first washing the fruit if old, and steeping it in cold water, just enough to cover it for 10 or 15 minutes, then pressing out the pulp. The amount of acid needed for curries is determined by individual taste. The juice of sour limes, dried and raw mangoes and bilambees, are also used as acids in curries &c.

Fresh Bombloe Curry.

220. Materials, four large or six small bombloes. Grind half a salt spoon of jeera, an inch and half bit of turmeric, four slices of garlic, four or five corns of pepper, four or six red chillies, an inch piece of fresh ginger. Prepare a table spoon of tamarind pulp.

Directions. Cut an onion and fry it in a heaped tea spoon of ghee, brown the curry paste nicely, then add the tamarind pulp,—let this boil up and then add the Bombloes, previously carefully washed and cut in pieces. This fish gives out a deal of water, sufficient for the gravy of the curry. When the curry boils up two or three times it is done enough. Add salt to taste.

Fresh Bombloe Curry another way.

221. Grind $\frac{1}{2}$ a bunch of coriander leaves with the mussala and make the curry in the same way as No. 220-

No. 1.—Prawn Curry without Cocoanut.

222. Wash the prawns, sprinkle a little salt over them, and keep aside. Grind up the same mussala as for No. 223. Brown an onion in ghee, then the curry stuff, wash the prawns again (to remove extra salt) and add them to the curry stuff. Fry them till dry. Then add the tamarind juice and enough water to cook the fish. Let the curry simmer till done, very little gravy is needed, as this curry is prepared almost dry.

Prawn Curry No. 2 with Cocoanut Milk.

223. The mussala is the same as for meat curry, No. 194 and the same amount, for one tea cup prawns. Prepare milk from $\frac{1}{2}$ a cocoanut see No. 217. Make the curry thus. Fry slightly a sliced onion in ghee or oil, then the ground mussala, add and brown the prawns, sprinkling them with a little salt, pour in the thin cocoanut milk and mussala water, simmer till the prawns are cooked, then add the acid, lastly the thick milk.

Vegetables for Prawn Curry.

224. The vegetables put in prawn curry are drumsticks,—which are cut 3 inches long, and white pumpkins and potatoes which are cut like mutton or beef in curry. They must be put in the curry with the thin cocoanut milk.

Prawn Curry No. 3.

225. The ground curry stuff must be composed of the same ingredients as in the recipe given for Duck curry No. 186. First brown the sliced onion, then fry the mussala, put in the prawns well washed and cleaned, and brown it for 2 or 3 minutes, use cocoanut milk for the gravy and acidulate the curry with lime juice.

Cucumber and Prawn Curry.

226. Cut a cucumber in 2 inch square pieces. Prepare the milk of half a cocoanut, see No. 217. Grind half a tea spoon of raw dhunnea and 1 inch turmeric. Stir the ground mussala in the thin cocoanut milk and strain it. Throw in the strained milk a sliced onion, 3 fresh chillies cut half way, $\frac{1}{8}$ oz. fresh ginger and 10 cloves garlic sliced, with $\frac{1}{2}$ a tea cup of shelled prawns well washed and the cucumber. Boil the curry in a covered chatty for $\frac{1}{2}$ an hour on a slow fire, and add the thick milk; after the latter is added, keep the pan uncovered. Season with salt.

Large Prawns Stuffed and Curried.

227. Carefully remove the heads of some large prawns,—leave them till wanted. Remove the meat from the body and keep the shells. Grind into a paste the meat of the prawns, and separately grind (for a tea cup of prawns,) $\frac{1}{2}$ a tea spoon of jeera, an inch of turmeric, $\frac{1}{2}$ an inch of green ginger, 6 or 8 cloves garlic, one or 2 green chillies and one or two table spoons of scraped cocoanut. Mix the prawns and mussala together, season with salt, and stuff some of the paste into each shell; pin the heads on with a wooden pin, fry the stuffed prawns in ghee or sweet oil, and let them stand while the gravy is being prepared. Make the gravy of cocoanut milk just as Poreege Fish Curry is made, but use only turmeric to colour the milk, and place the prawns carefully in the curry after the thick cocoanut milk has been put in and had a boil. After the prawns are added, the curry need only simmer for 2 or 3 minutes.

A simple Fish Curry.

228. The same curry stuff as put in meat curry No. 194 and $\frac{1}{4}$ of a cocoanut ground separately very fine. Wash the fish well. Press out the juice of tamarind, which mix with the curry stuff in a handee, with the ground cocoanut, mussala water, and as much water, as you need for the gravy. Put the fish in this. Place another chatty on the fire and warm some ghee, brown a cut onion then add the fish &c. Cover well and let the curry simmer gently until done. Shake occasionally to prevent it burning. Add salt to taste. For the proportion of curry stuff and, acid read directions for Sack Sack Fish Curry. No. 232.

Poreege Fish Curry.

229. Wash and divide a large Promfret. Prepare the milk of one cocoanut see No. 217. Grind a salt spoon raw rice, as much mustard seed, and $\frac{1}{2}$ an inch turmeric, mix this with the thin milk and strain the latter. Throw in it a sliced onion, 8 cloves garlic, $\frac{1}{2}$ an inch of fresh ginger sliced, and 6 green chillies cut half way. Stir the mixture on a moderate fire till it thickens, add the fish, and when cooked pour in the thick milk. Season with salt and acidulate with a raw mangoe sliced, bilambees or tamarind.

Fish Curry with Cocoanut Milk and Vinegar.

230. Is made very much in the same way as "Brenjal Mock fish curry." The fish is sliced, fried, and left till cold. The thick milk is pressed out with vinegar. The thin cocoanut milk is thickened with $\frac{1}{2}$ a tea spoon raw rice, 1 tea spoon raw dhunnea and an inch turmeric ground fine. The sliced onions &c., however are 1st fried in ghee, the thin milk is next poured in, stirred well till it begins to thicken, the fried fish is carefully put in the curry, and lastly the thick milk.

Moyle Curry of Fish.

231. Fry and leave cold 6 large slices of fish. Grind in vinegar the same kind and amount of mussala as used in Frithath Curry No. 196, omitting the spice. Slice the same quantity of fresh ginger, garlic and green chillies. Prepare the pulp of an oz. of tamarind, soaking it in vinegar see No. 219. Place in a well tinued chatty on a moderate fire, $\frac{3}{4}$ tea cup vinegar, the ground mussala, tamarind pulp, and green chillies &c., with salt to taste well mixed together. When the mixture boils up twice, add the fish, let the curry boil up only twice again; keep it in an earthenware dish uncovered.

Sack, Sack. Fish Curry.

232. Materials a Pomfret or 6 slices of Soormy. Grind 5 dry chillies, a small garlic, 12 peppercorns, 1 small tea spoon of jeera, $1\frac{1}{2}$ inches turmeric, and $\frac{1}{2}$ of a fresh cocoanut. Directions Brown a sliced onion in ghee or oil, then the mussala, stir in a table spoon of tamarind juice. (Taste the mixture, and supply what is lacking.) Throw in 4 or 5 curry pak leaves, a little salt and sufficient water for gravy. Cover the chatty till the curry boils, when add the fish. Shake the pan occasionally.

Gole (fish) Head Curry.

233. Grind for mussala 6 dry chillies, 1 teaspoon jeera, 20 pepper corns, $\frac{1}{2}$ a large garlic, 2 inches green ginger, $\frac{1}{8}$ part of a cocoanut, $1\frac{1}{2}$ inch turmeric. Soak 3 pods of tamarind in the mussala water for acid. Clean and wash the head and cut it in slices. Fry a sliced onion in a table spoon oil, brown the mussala, then add the acid water, then the head, mix all together, cover the pan, put in no water as the fish gives out plenty, simmer the curry till the fish looks cooked, then uncover it to allow the gravy to dry to half the original quantity of liquid, this thickens it. Season with salt.

Thisra Curry.

234. Materials. A dinner plate full of the fish opened and well washed, two or three pods of tamarind pulp, the milk of half a cocoanut, $\frac{1}{2}$ tea spoon of jeera, 6 or 7 pepper corns, an inch and half of turmeric, an inch of fresh ginger, six cloves of garlic and 3 or 4 red chillies. Grind up the curry stuff and prepare the acid, then proceed to make the curry thus—warm a spoon of ghee or fresh oil, brown a minced onion, then the curry stuff till nicely browned,—add its water, then throw in the fish, with water enough for the gravy. Let the curry simmer for half an hour then add the acid, and five or ten minutes before it is taken from the fire the cocoanut milk strained.

Thisra Curry another way.

235. Thisra is also made into a dry curry in the following way. Warm the ghee, brown a sliced onion, then the curry paste, throw in the shell fish, stir and cook it well, adding just a little water, when almost dry, add half a tea cup of scraped cocoanut and simmer for 5 minutes more, stirring constantly.

Salt Bombloe Curry.

236. Materials. A dozen salt bombloes, three middling size brenjalls, three onions, half a small cocoanut fresh or dry, a table spoon of coriander, eight or ten peppercorns, three or four red chillies, a tea spoon of anise seed, an inch and half piece of turmeric, a small stick of cinnamon, two or three cloves, one elchee, a tea spoon of kus-kus, a little salt. Directions. Remove and throw away the heads and tails of the fish, and broil them for a minute or two on coals, turning them about. Rub them a little to remove all the burnt portion. Cut each fish into two or three bits, and wash the pieces in warm water, three times, renewing the water. Lay them aside. Cut the brenjalls down in four pieces, and lay them in a bowl of cold water.

Warm two table spoons of sweet oil and stir in it a onion, the cocoanut cut up in pieces, and all the curry stuff (with the exception of coriander) brown all this a minute or two. Grind all of them with the coriander into a paste. Warm again two table spoons of best sweet oil, and brown two minced onions, then the ground mussala, put in together the brenjalls and fish, cover and let them cook some minutes, add as much water as is needed for gravy. Let the curry simmer; add salt and tamarind juice according to taste when the vegetable is cooked.

Salt Fish Curry.

237. Wash the salt fish well, cut it into pieces of two inches in length. Steep it in water for half an hour, or longer if very salt. Grind for curry stuff red chillies, jeera, pepper, garlic and turmeric. Brown a cut onion either in fresh oil or ghee, when that is sufficiently done, add the mussala and let that cook on a slow fire, stirring carefully. Let the latter brown till it emits a pleasant smell, then add the curry stuff water. If you wish to add Brenjalls put it in now with a little salt and water. When the vegetable is boiled and soft, add some tamarind juice, stir well for some minutes and add the fish. Cover the handee and let the curry simmer for some minutes. Lastly add the cocoanut milk. Shake the handee to prevent the curry turning. If on tasting it you do not think the curry hot enough, add one or two green chillies cut down the centre. Should it be too hot add more cocoanut milk. Your curry stuff and cocoanut milk must be in proportion to your amount of fish and vegetables; experience will soon teach you, and looking at the other recipes will help you greatly.

If Potatoes are liked in salt fish curry, boil some separately, and add it just before you put in the milk.

Salt Fish Curry with Tomatoes (and Green Onions.)

238. Warm 1 or 2 table spoons of oil and fry a bunch of green onions cut up, leaves and all, then the ground mussala composed of 2 or 3 dry chillies, a bit of green ginger, 6 or 7 cloves o

garlic, an inch of turmeric and $\frac{1}{2}$ a tea spoon of jeera. Remove the seeds and skins from 2 lbs. of ripe tomatoes, strain and keep the juice, add the tomatoes to the fried mussala, fry them well, and add their juice. Cut 2 or 3 slices of salt fish into inch pieces, and put it to what you have fried. Cover the chatty and let the curry simmer for 10 minutes longer, or till the vegetable cooks, when add to it a table spoon or 2 of tamarind pulp; the acid as well as the other seasoning must be regulated according to taste, if the curry is not hot enough, add 2 or 3 green chillies cut $\frac{1}{2}$ way down. The gravy can be made by pouring into the chatty $\frac{1}{2}$ a tea cup of water or cocoanut milk.

Salt Fish Curry with Tomatoes another way.

239. Warm a desert spoon of sweet oil and fry 2 or 3 slices of salt fish, washed and cut in pieces, which keep aside. Warm a table spoon or 2 of more oil and fry one bunch of green onions—leaves and all cut up in pieces, next fry $\frac{1}{2}$ a garlic, 8 or 9 green chillies and 1 square inch of green ginger sliced,—the chillies can be merely cut $\frac{1}{2}$ way down the centre, next slice 2 lbs. of tomatoes and fry them with the rest, throw in $\frac{1}{2}$ a bunch of green kotemer leaves cut in bits. When the vegetables are cooked, add the salt fish broken up in tiny bits and the tamarind pulp, with as much water or cocoanut milk as you need for gravy. Season with salt.

Egg Curry No. 1.

240. The gravy of this curry is made in the same way as "Poorege Fish curry," but the cocoanut milk is simply coloured with ground turmeric, when the milk thickens, add the eggs cut in halves, and a minute or 2 after, the thick cocoanut milk.

Egg Curry No. 2.

241. Materials. Six hard boiled Eggs one or half a cocoanut, an onion sliced, the juice of two pods of tamarind, and a desert spoon of ghee. The amount of curry stuff need not be quite as much

as you allow for one lb. of meat as half a dozen eggs do not weigh a lb. But grind up the same kinds as you do in No. 194 for the curry paste. Directions. Warm the ghee and slightly brown a cut onion, add the curry paste, stir and brown, then add the curry stuff water and the thin cocoanut milk. When it rises to the boil twice, add the tamarind juice. Before serving, put in the hard boiled eggs cut in halves, and the thick milk. Let the curry cook a few minutes after the milk is added.

Egg Curry No. 3.

242. The curry stuff composed of the same ingredients as No. 194 meat curry, ground fine. Grind fine also $\frac{1}{4}$ or less of a cocoanut. Mix in a handee the curry paste, its water, the cocoanut, and some tamarind juice, and add as much water as will be needed for gravy. Let this simmer on a slow fire closely covered, that the "Aroma" may not escape. Shake the curry that it may not burn. When it begins to thicken, warm a desert spoon of ghee in another stew pan and brown a cut onion, stir in the curry, and let the gravy brown a little. Before serving add the hard boiled eggs. A tea cup of gravy is sufficient for a curry for four or five persons. This curry will take an hour to prepare. For six eggs grind half or one third of the same amount of curry stuff as you use for one lb. of meat curry No. 194.

Brenjall or Mock Fish Curry

243. Cut in slices a large Brenjall, and prepare it for frying as directed in No. 244, fry it in batter and let it stand till wanted. Add $\frac{1}{2}$ a tea cup vinegar to the scrapings of one or half a cocoanut, and keep the pressed liquid. Again press the milk with $\frac{1}{2}$ a tea cup of warm water, pour this into a separate bowl, repeat the process till you have as much liquid as you need for the curry gravy. Strain the latter through coarse muslin, colour it with ground turmeric, throw into it one or 2 sliced onions, 5 or 6 green and red fresh chillies cut down $\frac{1}{2}$ way; $\frac{1}{2}$ a garlic, and one square inch fresh ginger sliced. Stir the mixture on a moderate fire till it begins to thicken, then put

in carefully the fried brenjalls; shake the handee, but dont use a spoon or the slices will break. Add the thick milk mixed with vinegar 10 minutes or less before the curry is served. Serve with rice and tamarind fish, or salt fish fried.

Batter for Brenjalls.

244. Brenjalls for the above curry is to be dipped in batter made thus, break an egg in a chatty, beat it for 4 or 5 minutes, mix it with $\frac{1}{4}$ lb. flour and 1 coffee cup of water. Dip the slices of brenjalls in the batter, and fry in plenty of ghee.

Brenjall Curry (Native Mode.)

245. Place in a bowl of water, 1 doz small brenjalls, cut half way in quarters. Roast on a thoa, 1 table spoon coriander, 3 dry chillies, $\frac{1}{2}$ tea spoon shajeera, 2 inches cinnamon, 10 peppercorns and 3 cloves. Roast on hot coals $\frac{1}{8}$ of a cocoanut, 2 whole onions, and a piece of turmeric. Directions. Remove the outer skin of the onions, and grind all the roasted materials together with 4 cloves garlic, salt, and a bunch of green kotemer. Drain the brenjalls and stuff each with the mussala. Throw in 2 table spoons boiling oil, $\frac{1}{2}$ a tea spoon mustard seed, when the seeds are still, add the brenjalls, cover the chatty and roast them 5 minutes, add the remaining mussala with a tea cup water. Simmer the curry till the vegetable stalks are tender.

Mixed Vegetable Curry (Native Mode.)

246. Cut $\frac{1}{2}$ way in quarters, and place in a bowl of cold water a dozen small brenjalls, and as many large potatoes, thinlees and onions. Have also 2 lbs. of wall-papre beans or green peas. Grind a dozen dried chillies, a tea spoon jeera, a coffee cup dhunnea roasted and husked, 3 inches turmeric, $\frac{1}{4}$ oz. fresh ginger, half a garlic, an inch of cinnamon and the seeds of 2 cardomons. Scrape 2 or 3 cocoanuts and grind the latter with the mussala, mix with the latter a bunch of kotemer leaves cut in bits, Fry the ground mussala in

a table spoon of ghee with a little salt. Drain the vegetables well and stuff them with the mussala. Boil $\frac{1}{2}$ a tea cup of fresh sweet oil, throw in a little powdered "Hing." Take the chatty from the fire and arrange in it the vegetables, according to their colour and form, strewing the peas between. Roast them for 5 minutes,—pour in the chatty 4 or 5 tea cups water and simmer till the vegetables are done. Serve in the same sancepan, pinning a paper round.

Mixed Vegetable with Mince Meat (Native Mode.)

247. Mix with the ground mussala, cocoanut, and kotemer leaves, $\frac{1}{2}$ a lb of minced mutton, and when fried stuff the mince in the vegetables and make the curry in the same way as No. 246 using only ghee for the browning.

Mixed Vegetable Curry (Another Way.)

248. The vegetables can be Green Peas shelled, Walpape, French Beans, or Potatoes and Carrots cut in pieces. Two or three of one kind mixed together. Place the vegetables in a bowl, pour over them boiling water, with a little salt ; keep the bowl covered for 10 or 15 minutes. Grind the same mussala as for "Sack Sack Fish Curry" (see Index). Brown slightly in ghee or oil, a sliced onion, then the mussala, add the vegetables well drained, and roast them with the mussala for 5 minutes, pour in the mussala water and as much water as the curry will need for gravy and to cook the vegetables, with sufficient salt. Simmer the curry on a slow fire, occasionally giving the chatty a shake.

Curry of white Pumpkin.

249. Cut up the vegetable in inch pieces. Grind smoothly dry chillies, turmeric, garlic, and fresh ginger. Grind separately a piece of fresh cocoanut. Directions mix gradually in $\frac{1}{2}$ a tea cup of water, the mussala and its water, place this in a chatty with the pumpkin. Should the mussala be insufficient for the seasoning, add fresh chillies cut half way and ginger and garlic sliced. Boil the

curry well covered till the pumpkin softens ; when remove. Place another chatty on the fire and brown a sliced onion in ghee or oil, add the boiled pumpkin, stir well, and simmer for 10 or 15 minutes longer. Season with salt.

Mussoor Dhall Curry.

250. Materials $\frac{1}{2}$ a tea cup of Dhall, a desert spoon of ghee, the milk from $\frac{1}{2}$ a cocoanut taken out thick, 6 cloves of garlic sliced. To be ground into paste, one salt spoon jeera, 3 cloves garlic, 1 inch turmeric, $\frac{1}{2}$ a square inch green ginger and 1 red chilly, Directions. Boil the dhall in 2 tea cups of boiling water till soft, when stir in the mussala, cover the chatty and simmer the curry for five or ten minutes. Place a clean chatty on the fire, warm the ghee, brown the sliced garlic and stir in the curry with salt to taste. lastly add the cocoanut milk. No acid is needed.

Soorthe Dhall Curry.

251. Rub $\frac{1}{2}$ a tea cup of Soorthe dhall in a towel, mix it with a little ghee and boil it in 2 tea cups of boiling water without salt. Grind $\frac{1}{2}$ a tea spoon jeera, $1\frac{1}{2}$ inches turmeric, 2 red chillies, 8 pepper corns, 2 inches cinnamon, 3 cloves, 2 cardomons. Stir the ground mussala well with the boiled dhall, add salt, cover the pan and simmer the curry for 5 minutes longer. Place another chatty on the fire, warm a desert spoon ghee and brown 8 cloves garlic sliced, throw in $\frac{1}{2}$ tea spoon jeera seed, after two minutes stir in the dhall curry. Simmer 10 minutes longer. No acid is needed.

Foogath of Raw Plantains.

252. Remove the green portion of 6 Plantains with a knife, cut them in slices and lay them in a bowl of cold water and salt, for one hour. Grind 3 dry chillies, one inch turmeric and $\frac{1}{2}$ a tea spoon jeera. Cut half way 2 green chillies, and slice $\frac{1}{2}$ an inch fresh ginger and 8 cloves garlic. Scrape $\frac{1}{2}$ a cocoanut into flakes. Brown a sliced onion in ghee or oil, then the mussala for two minutes. Add the

fruit drained and the ginger &c, Stir and mix the plantains well with the mussala, cover the chatty and let the fire be very low. When the fruit softens, stir in the cocoanut, mix all well together and cook for 10 minutes longer. Small white prawns may be put in plantain curry.

Sorak.

253. Grind a salt spoon jeera, an inch turmeric, 6 cloves garlic, 3 or 4 dry chillies and an inch of ginger. Brown a sliced onion in ghee, then fry the mussala nicely, throw in 10 or 12 pieces of Cocum washed and drained, pour in the mussala water, a tea cup or more of water, season with salt and let the curry simmer till the Cocum is cooked.

Mangoe Curry.

254. Roast on a thoa a dozen dried chillies and $\frac{1}{2}$ a tea spoon methe seed, and roast in the fire 2 inches turmeric. Grind these with $\frac{1}{2}$ a tea spoon jeera, $\frac{1}{4}$ ounce fresh ginger and $\frac{1}{2}$ a garlic. Boil $\frac{1}{2}$ a small tea cup of fresh oil, throw in $\frac{1}{2}$ a tea spoon mustard seed. next add and brown the mussala. Stir carefully in the fried mussala, for 3 minutes, 6 green mangoes halved and $\frac{1}{2}$ a garlic sliced. Add 2 or 3 table spoons water, and simmer the curry till the mangoes are soft. Season with salt.

Cabbage Foogath.

255. Brown slightly 2 minced onions, 3 green chillies 10 cloves garlic and $\frac{1}{8}$ ounce of green ginger sliced fine; cut in pieces the heart of a cabbage half boiled, put this in the chatty with some salt, and when nearly fried, mix with it the scraped flakes of half a cocoanut. The latter must not be browned. Stir the fry and cook it gently till the vegetable becomes soft.

Another way.

256. Boil, shell and clean 2 tablespoons of small white prawns,

Tomato Sauce

Mrs Hall's recipe

- 6 lbs Tomatoes
- 3 lbs Sugar
- 3 bottles Vinegar
- 4 oz Ginger
- 2 oz Garlic
- 6 red chilies
- 8 fresh dates
- 12 Raisins

The last four ingredients to be ground in vinegar wash & drain the tomatoes throwing away the water. Add the vinegar & other ingredients & boil for half an hour. After coming to boiling point turn all into a well stoppered jar & put by for a week. After which, strain through coarse muslin & bottle.

and put it with the cabbage, just before the cocoanut scrapings are added; and proceed to make the foogath in the same way as No. 255.

French Beans Foogath.

257. Brown a sliced onion in ghee or oil, then 2 green chillies and an inch of ginger sliced, with 2 table spoons of scraped cocoanut; stir and fry this for 3 or 4 minutes. Wash and drain two handful of French Beans, cut them in bits, and stir and fry them with the rest. Cover the chatty and roast the beans for 5 minutes shaking the pan occasionally. Pour in sufficient water to cook the beans and salt; simmer on a slow fire, place hot ashes on the chatty cover; renew the latter.

Goonsalle Foogath.

258. Remove the skin and cut the vegetable in slices. Fry a pounded onion in ghee for 2 minutes, add a bit of green ginger pounded, and for 2 goonsalles have a tea spoon of ground mussala of the kind put in meat curry; when the mussala is well browned, stir in it a desert or table spoon of small white prawns shelled and cleaned. Fry the latter for 3 or 4 minutes, then add the mussala water, and the vegetables with a little salt, and cook gently till they become soft.

Kurilla Foogath.

259. Cut the vegetable in slices, sprinkle well with salt, and leave it for one or two hours. Mash it well and wash it in cold water. Repeat this operation 3 times to extract the bitterness. Roast and grind the same mussala put in meat curry, with a slice of roasted cocoanut. Place the mashed Kurilla in a bowl of cold water. Mince the same amount of onions as there is Kurilla, and brown them either in ghee or oil, add the ground mussala, when the latter is nicely browned, fry some minced meat. The latter can be $\frac{1}{4}$ the amount of the Kurilla. Drain well the vegetable and fry it with the rest, add the mussalla water and as much water as will be

needed to cook the vegetables. When they become soft the foogath is made. Prawns can be put in place of the minced meat.

Melhe Bajee with Minced Meat.

260. Steep a dozen bunches of the Bajee in cold water, and mince small $\frac{1}{2}$ lb. mutton. Warm a desert spoon ghee, brown a minced onion, add and fry the minced meat with 2 green chillies, 5 cloves garlic and $\frac{1}{8}$ oz. fresh ginger sliced thin. Drain the bajee well, put it in the chatty and fry it with the rest, throwing in a little salt. Cover the chatty and simmer the bajee till the water dries and the ghee appears. Stir it occasionally. Small Prawns cleaned and shelled, can be used in place of the meat.

Mutt Bajee with Prawns.

261. Wash and drain 8 or 10 bundles of Mutt bajee, slightly brown a sliced onion in ghee or oil, then add the greens a little at a time, with sliced garlic, fresh ginger and green chillies. When the Bajee is half cooked, put with it a table spoon of small white prawns shelled and cleaned. Simmer till the prawns and greens are cooked, season with salt.

Tomatoe Foogath.

262. Remove the skin and seeds of 2 or 3 lbs. tomatoes. Fry in a table spoon ghee 1 lb. minced onions, next $\frac{1}{4}$ oz. fresh ginger, $\frac{1}{2}$ a garlic and 4 or 5 green chillies sliced. Add the tomatoes, and simmer the "fry," stirring it occasionally till the water of the vegetable dries. Season with salt.

Bugeas.

263. Grind a bunch of green kotemer, $1\frac{1}{2}$ inches turmeric, $\frac{1}{2}$ tea spoon jeera, 2 inches fresh ginger, a garlic and 8 or 9 green chillies. Dry chillies will answer when green cannot be had. Mix the mussala and its water with a lb. of gram flour, salt to taste, and 3 large onions minced very small. Fry the bugeas in ghee or oil just like fritters. An egg may be mixed with the flour &c., if liked.

Bugeas (Another way.)

264. Mix the flour, mussala &c., together with a table spoon of small prawns shelled and washed, and a table spoon or two of young methe bajee cut in bits, washed and drained.

Dried and Salted Mangoes.

265. Slice 4 lbs. raw mangoes and dry them on a mat in the sun for 10 or 12 days, bringing them in before sunset. Make a strong brine of 1 lb. salt and water, immerse the dried fruit in it and dry it again in the sun. Use it to acidulate curries.

To convert Butter into Ghee.

266. Simmer the butter on a moderate fire. If rancid throw in a small spray of the drumstick tree. To find when it is done enough, dip into the melted butter a wooden pin, light the latter, and if it gives a clear flame, the butter has come to the point. Strain thro' coarse muslin into a clean dry jar, and if wanted to be kept, throw in some pepper corns. Cork when perfectly cold and use it in Kigeree and sweet-meats.

To Purify Ghee for cooking.

267. When the ghee has boiled, remove it from the fire, and sprinkle on it a little cold water, repeat this if the ghee is at all rancid.

To Purify Oil for Cooking.

268. Throw in boiling oil a little coarse salt, and when it boils again, sprinkle on it a little cold water.

Hints about Ghee or Oil.

269. Ghee is warmed when it has boiled and is still, oil is boiled when it makes a noise.

Balchows, Chutnies and Pickles.

Prawn Balchow.

270. Shell, wash and grind a large tea cup of prawns. Grind fine one tea spoon jeera, $1\frac{1}{2}$ teaspoons peppercorns, 3 inches turmeric, and 12 or more dry chillies. Boil half a quart of sweet oil, and fry well $1\frac{1}{2}$ lbs. of onion minced small, add the ground prawns and mussala, stir well, put in next 3 oz. garlic, 4 or 5 oz. green ginger, and 5 or 6 green chillies sliced fine, with 12 bilambees halved, 6 or 8 curry pak leaves and sufficient salt, Simmer the balchow till well cooked, stirring it often. If the taste is not sufficiently acid, add some lime juice. Bottle when cool.

Mangoe Balachow.

271. Grind 12 red chillies, a teaspoon jeera, half a garlic, $1\frac{1}{2}$ inch turmeric, 12 peppercorns, 2 tea spoons mustard seed, and 2 teaspoons methe seeds. (The methe must be first slightly roasted.) Slightly brown on a Thoa, the scrapings of $\frac{1}{2}$ a cocoanut. Warm a coffee cup of sweet oil and fry 3 large onions minced, next the mussala, add and stir well with the mussala, 12 raw mangoes pared and sliced, throw in 6 green chillies cut halfway, $\frac{1}{4}$ oz. fresh ginger and a garlic sliced. Stir all well together for 5 minutes, and put in the cocoanut, 6 curry pak leaves and salt to taste. Simmer the balchow in a covered chatty till the mangoes are soft. For balchow to keep, the oil must cover the top; use more oil if the amount given is found insufficient.

Balchow of Duck Eggs.

272. Break 18 eggs into a bowl, beat them well, warm a table spoon or more of ghee, pour in the eggs, stir constantly and fry them on a slow fire. Make duck Balchow just like prawns, substituting the fried eggs instead, and using $1\frac{1}{2}$ lbs. of ghee in

place of $\frac{1}{2}$ a quart of oil. Grind the same amount and the same sort of mussala, and have the same kind sliced. Fry $1\frac{3}{4}$ lbs. onions minced, in the ghee, next add the fried eggs in shreds, and the ground mussala, brown the mixture on a slow fire very nicely, throw in the sliced ginger &c., with 24 bilambees halved, 6 or 8 curry pak leaves, and one desert spoon salt, simmer the balchow till the ghee floats.

Mangoe Chutney.

273. Pare and stone 50 raw mangoes ; place the fruit cut in bits in a bowl. Grind in vinegar each separately,—1 lb. dried apricots, $\frac{1}{2}$ lb. stoned raisins, $1\frac{1}{2}$ oz. dried chillies, $1\frac{1}{2}$ ounces garlic, $1\frac{1}{2}$ ounces fresh ginger. Slice 1 oz. garlic and the apricot kernels, put all together in the bowl with the mangoes, with $\frac{1}{2}$ lb. plums washed in vinegar and sugar and salt to taste. Cover the bowl for 3 or 4 hours. Taste the mixture and supply deficiencies. Boil in a well tinned saucepan, $1\frac{1}{2}$ quarts of vinegar, stir in the chutney, and simmer for 20 or 30 minutes, or till it thickens.

Sweet Mango Chutney (excellent.)

274. Boil gently together, 3 lbs. of raw mangoe pulp, cut in small pieces, and 3 lbs. sugar till of the consistency of jam, add to the latter, 4 ounces each of green ginger and garlic sliced, 1 ounce of dry chillies pounded and sifted, and 1 lb. plums, and simmer for 6 minutes longer. Stir in the chutney $\frac{1}{2}$ a bottle of good vinegar and salt to taste, and give it one boil more.

Sweet Mango Chutney.

275. Grind in vinegar, 6 ounces each of dry chillies, salt, garlic and fresh ginger. Simmer in 2 bottles vinegar, 6 lbs. raw mangoes pared and minced, till the fruit gets soft, and in another vessel make 4 lbs. sugar into a thick syrup. Place the boiled mangoes and syrup together in one chatty, with 2 lbs. raisins, and 2 lbs. plums, and the ground mussala well mixed, simmer the chutney for $\frac{1}{2}$ an hour longer, stirring constantly. Bottle when cool.

Tamarind Chutney.

276. Remove the seeds and fibres from 12 ounces new ripe tamarinds and grind the fruit smoothly in vinegar. Grind in vinegar each separately,—3 ounces dried chillies, 2 ounces fresh ginger, 3 ounces garlic, 5 ounces plums, 10 ounces apricots. Slice 3 ounces garlic, 2 ounces ginger and the apricot stones blanchd. Place all the materials in a bowl, with 10 ounces plums and 10 ounces sugar. Boil $1\frac{1}{2}$ quart bottles vinegar with 10 ounces jaggrey cut in bits, and 3 or 4 ounces salt, add the contents of the bowl, taste the mixture and supply what it lacks, simmer it gently till it boils up three times, stirring constantly. Bottle when cold.

Roselle Chutney.

277. Take 5 lbs. Roselles, remove the seeds, and wipe the fruit carefully in a clean cloth. Grind in best vinegar separately the following ingredients, the roselles, 2 lbs. plums, 4 ounces green ginger, 2 ounces red chillies, 4 ounces garlic, 4 ounces salt, a tea spoon pepper corns, 2 inches cinnamon, 6 cloves, the seeds of 4 cardomons and 2 lbs. brown sugar. Mix all well together, taste the chutney and supply more chillies or sugar if not sweet or hot enough. Bottle and cork tightly.

Mint Chutney.

278. Remove the fibres and stones from 1 lb. new ripe tamarind, wash 2 lbs. fresh mint leaves in weak vinegar, husk $\frac{1}{4}$ lb. garlic, and grind them with $\frac{1}{4}$ lb. pepper corns, $\frac{1}{2}$ lb. salt, and 1 lb. brown sugar, in best vinegar. Place the chutney in a clean dry bowl, boil a bottle of good vinegar and pour it over. Bottle when cold.

Sour Lime Chutney.

279. Cut 25 sour limes in quarters half way,—stuff them with salt, dry them 3 days in the sun, bringing them in at sunset. Give them a shake each time before putting them out in the morning.

Mince small the dried limes. Grind in good vinegar separately 25 dry dates, 12 or more large dry chillies, 3 or 4 garlies peeled, and one oz. green ginger. Mix all together and sweeten the mixture with sugar, first adding to it, the strained juice of 25 juicy limes. Use the chutney after 7 days.

Green Chilly Chutney.

280. Mix 10 ounces jaggrey with 3 or 4 ounces of tamarind pulp. Cut in thin slices 10 ounces green chillies, $2\frac{1}{2}$ ounces dry dates, $2\frac{1}{2}$ ounces each of dry white cobra and blanched almonds. Boil $\frac{1}{2}$ a coffee cup of fresh sweet oil, throw in it a pinch of the best "hing" powder, then the cut chillies &c. Stir and roast this well for 5 minutes. Add the sweetened tamarind pulp, a desert spoon of salt and $\frac{1}{4}$ tola turmeric powder for colouring. Stir the mixture well and simmer the chutney on a slow fire for one hour. Do not let it dry.

Mango Chutney (as prepared daily.)

281. Grind into chutney the pulp of a raw mango, with $\frac{1}{4}$ of an onion, a slice of fresh cocoanut, $\frac{1}{2}$ a salt spoon jeera, 4 cloves garlic, a bit of green ginger, 2 green chillies and salt to taste.

Mango Cucumber (made daily.)

282. Pare and mince a raw mango, mince also one onion, 2 green chillies, and $\frac{1}{2}$ an inch of fresh ginger, mix the whole together with salt to taste, and lastly stir in half a tea cup of thick cocoanut milk.

Kotemer Chutney (made daily.)

283. Grind together one bunch Kotemer leaves, $\frac{1}{8}$ of a fresh cocoanut, 3 cloves garlic, 4 green chillies, $\frac{1}{8}$ ounce fresh ginger, $\frac{1}{2}$ a pod of tamarind and $\frac{1}{2}$ a tea spoon salt; place the chutney in a saucer and form it into shape. The juice of $\frac{1}{2}$ a sour lime can be used instead of the tamarind.

Mangoe Pickle Sweet.

284. 50 Mangoes

Mustard seed..	} Ground fine in vinegar.	{	22 oz.
Methe seed ...			11 oz.
Red chillies ...			11 oz.

Saffron ground dry...	}	5½ oz.
Garlic cut in slices...						

Pepper whole	3 oz.
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Sweeten to flavour salt to flavour, vinegar to flavour, and $\frac{1}{3}$ of a bottle "Sursale" or Sweet oil. Directions. Wash the mangoes (while whole) well, and dry them thoroughly. First cut a little of the top part off, then cut them either in four without dividing them, or in pieces. Be careful not to let a drop of water touch them. Mix the mangoes with the mussala first, then add the vinegar and oil. Sweeten to flavour with clean jaggery. The mangoes must be entirely covered with the oil and vinegar and placed in a clean well dried jar, and corked securely.

Mangoe Pickle.

285. Materials. Fifty raw mangoes cut down half way in fours, each mangoe must be filled with salt, and kept in salt for a day or two.

Mussala.

5½ oz. Methe seed.	} These three articles must be pounded fine.
11 oz. dry chillies	
5½ oz. saffron.	

22 oz. Mustard seed,—only remove the skins. 11 oz. garlic,—cleaned and put in whole. Mustard-oil.

The mussala must be mixed with equal quantities of the salt water of the mangoes, and mustard oil,—after the mussala is all mixed, you must stuff it in the mangoes, and put them in a jar, then throw in the rest of the salt water, and last of all the mustard oil, which must entirely cover the mangoes. Shake the jar well, and cork securely.

Lime Pickle.

286. Cut 50 limes $\frac{1}{2}$ way down in four, pound separately, 10 ounces salt and $1\frac{1}{2}$ ounce turmeric, mix both together and fill them in the limes. Place them in a jar. Cut 50 more limes and squeeze out the juice, which pour into the same jar. Shake the latter often during the next 2 or 3 days.

Lime Pickle.

287. Pound fine $\frac{1}{4}$ tola of best "hing." Grind into powder separately $1\frac{1}{2}$ oz. turmeric, 3 wine glasses of methe seed, and 3 oz. husked mustard seed. Boil a tea cup of mustard or gingley oil, take the chatty from the fire, stir and mix well in the oil first the hing powder, then the mustard, methe, and turmeric flour. When the mixture is cold, stir in 12 oz. pounded salt. Cut the limes half way in four, put in each some of the mixture, and pack them in a jar. The oil must float on top. Stopper the jar well.

Carrot Pickle.

288. Cut the carrots half way in four, sprinkle them well with salt, dry them in the sun for 3 days, removing them before sunset. Wash the carrots in vinegar and put them in a jar,—for a lb. of carrots, add a table spoon of husked mustard seed, a dozen green chillies left whole, 2 oz. green ginger, and 2 or 3 garlicks, cleaned and sliced. Cover the pickle with good vinegar and cork the jar well.

Onion Pickle.

289. Peel small onions, and place them in a bowl for one night, sprinkling them well with salt. Wash them in the water they gave, and dry them in the sun, on a cloth, spread over a mat, turning them 2 or 3 times. Boil as much vinegar as you require for the pickle, with dried chillies broken up and peppercorns, allowing 3 or 4 large chillies and a tea spoon of pepper to a tea cup o

vinegar. When the vinegar boils once, pour it over the pickle. Bottle when cold.

Pappy Pickle.

290. Skin and slice the raw fruit, place it in a bowl, cover it with boiling water for 2 or 3 minutes. Pour off the water and mix the slices well with salt. Lay the slices in a dish,—a board over, and heavy weights on top, for 12 or 18 hours. Cover a mat with a towel, on which lay the fruit and dry it in the sun for a day or two, bringing it in before sunset. Place the Pappy in a jar, and add to it husked mustard seed, in the proportion of 1 table spoon to a lb. of fruit. Have sufficient vinegar to cover the pickle, coloured with turmeric. If the vinegar is not the best, boil it first.

Cabbage Pickle.

291. Get a good, hard, firm cabbage, which cut in thin slices, wrap portions in small parcels and tie them with thread. Put the cabbage in a chatty sprinkling it well with salt. After 6 or 8 hours, give the chatty with the cabbage in it a good shake. Lay a towel over a basket and put the pieces to drain and dry for 2 or 3 hours. Get a dozen or 2 bamboo pins, 3 or 4 inches long, a handful of mustard seed, husked, a handful of green chillies, the cloves of 2 or 3 garlicks, and 2 tables spoons of sliced green ginger. Thread the last 3 alternately on the pins, till they are full. Place a layer of cabbage in a jar, then a layer of sticks, and so on. Boil as much vinegar as you need till it stops bubbling, which pour over the pickle. Close the jar tight when cold.

Hing.

292. Hing is the native name for Assafoetida, and is much used by the natives in the preparation of Pickles and things to keep; also in curries. It is said to be extremely useful both as a preventive and a cure for internal disorders. Good hing looks like gum and is white and bitter.

Lime Chutney.

For Twenty-five Limes

$1\frac{1}{4}$ lbs Plums.

1 lb Green Ginger

8 oz Garlic

2 oz Pounded Chilies

$\frac{1}{2}$ lb White Sugar.

all these ingredients to be
ground with Vinegar
Prune the limes take
out the seeds & mix.

Limes ought to be pickled
in Vinegar & Salt for
six months previously.

How to Husk Mustard Seed.

293. After the seeds are picked clean, dry them in the sun, roll the bellen over the dried seeds and shake away the husks.

Pastries, Fruit Stews, Biscuits, Coffee &c.*Puff Paste with Suet.*

294. Chop $\frac{1}{2}$ lb. suet very fine, remove all skin &c., roll it out with the bellen, form it into a ball and place it in cold water. Move the suet about in the water to clean it. Remove it and press it with your hands to dry it. Roll the suet out again, cut it in bits, and pick out every thread. Roll it again, and again, till it gets like soft paste. Make the suet into 2 cakes, a little smaller than the cakes of flour. Knead 1 lb. flour with water and salt into dough, till it feels soft, and when pressed with the finger rises again. Roll this out into a sheet, cut the latter in 3 inch squares, place one piece over another and roll out again. Do this twice before you add the suet and twice after. Make the paste into 3 cakes, each a little larger than a fruit plate; place first the paste, then a cake of suet, and so on. A cake of paste must come on top. Roll the paste into a sheet, cut the sheet into squares, place one on top of another, and roll out again to the size required for the pie.

Puff Paste with Fried Suet.

295. Cut in bits and fry till it melts $\frac{1}{2}$ a lb. of suet. Pour the melted fat into a chatty of cold water half full, and pour on it cold water from a large jug held high. The melted suet will

congeal, whiten, and resemble rolong. Take out the suet when cool, press out the water, and grind it smooth on a stone. Use fried suet to raise pies in the same way as the raw, and when suet happens to be stale, frying it first will purify it.

Puff Paste with Butter for Fruit Pies.

296. Materials 6 oz. butter a day old, $\frac{1}{2}$ lb. Rolong. $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ a tea spoon salt. Make the rolong and flour into dough separately, knead each well for half an hour. Cover them with a damp cloth and keep them in a cool place for $\frac{1}{2}$ an hour. Repeat the kneading at intervals for 3 or 4 hours. Unite both and work them together, pull out the paste and mix in a table spoon of butter, kneading it well. Sprinkle the paste board and roller well with flour, form the dough into a ball, dust it with flour, and roll it out to a thin sheet, spread the latter with butter, cut it into squares, 4 inches long, 3 inches broad, place one piece over another and roll the paste to the size required. Use the remnants for the rims of the dish, and roll the strips with the bellen, for if pulled, the paste will not rise.

Tart Crust No. 1.

297. Mix together $\frac{1}{2}$ a lb. fine flour and $\frac{1}{2}$ lb. rolong and sugar to taste. Stir in 5 oz. butter or 4 oz. best ghee, make the whole into a dough, just moistening it with a little water or milk. Flour the paste board and roller, make the paste into a ball, and roll it out to the size of the tart dish.

Tart Crust No. 2.

298. Place on a board in a heap, $\frac{1}{2}$ lb. rolong, $\frac{1}{2}$ lb. flour, 4 oz. butter and sugar to taste. Break in 2 eggs and mix the whole together, adding a little water or milk to moisten the dough. Knead the dough quickly. Use the strips cut from the edges of the paste for the rim of the dish, fill in the fruit stew, put the paste over, and cut off the surplus. Press a pattern round the rim, and

To make 6 Scones. "

$\frac{1}{2}$ lb flour

1 Tea-spoon Bicarbonate
Soda

$\frac{1}{2}$ Tea-spoons Cream
of Tartar

$\frac{1}{2}$ Salt-spoons of Salt

2 Tea-spoons Sugar

$\frac{1}{4}$ Bombay Seed Milk

Rub the soda, Tartar &

Salt well into the flour

then mix in $\frac{1}{4}$ lb of

Butter, Stir the sugar

into the milk & pour into

the flour & mix with a

knife to a thin dough

cut into 2 halves & bake

quickly.

How. Alcoholic Lemonade.

2 Lemons. 2 ozs. Sugar.

1 Qt Boiling water.

Peel the lemons very thinly
& put the rind in a jug.

Next remove all the pulp,
cut the lemons in thin slices
& remove the seeds.

Next put the lemons with
the rind & add the sugar &
pour on the boiling water.

Cover the jug & let it stand
till cold, then strain off & serve.

Another Claret Cup.

1 Qt Claret. Quarter bottle Cherry.

2 bottles Soda water. $\frac{1}{4}$ lb loaf sugar.

1 Lemon cut in slices. 4 inches cucumber.

1 Sprig green borage. 1 Verbena leaf.

Put all the ingredients
into a glass jug, the cucumber
cut in slices.

Make it about an hour before wanted.
Remove the leaves & ice well.

Ching Ching.

1 Orange. 4 lumps Sugar.

2 drops Ess. Peppermint. 2 drops Ess of 1/4
Cloves. Ice.

Slice the orange into a tumbler
pour on it the peppermint & cloves, add
the sugar & fill up with tiny pieces
of ice. Sometimes a wine glass of rum

use the remains of paste, to make flowers and leaves for the centre.

Mangoe Stew for Tarts.

299. Pare and slice the raw fruit, which throw into boiling water, and boil up 3 or 4 times. Drain off the water, and stew the mangoes with sugar, water and spice. Place the stew in a soup plate, put on the crust, and bake the tart.

Guava Stew for Pies.

300. Pare and halve the ripe fruit, remove the seeds, and place the guavas in a bowl of cold water. Make a syrup of sugar and water, allowing a heaped tea spoon of sugar for each guava; simmer the fruit and syrup together with an inch of cinnamon for flavouring, till the guavas soften.

White Pumpkin stew or Marmalade.

301. Peel and remove the seeds and spongy part of 2 lbs. of white pumpkin, cut it in thin transparent slices, and again into $\frac{3}{4}$ inch bits. Lay the pieces to dry in the air on a cloth for a day, spread out—not one piece over another. Throw the dried pieces in boiling water to boil, till done enough. Drain off the water. Make a thick syrup with sugar and water, place the pumpkin in this with 2 or 3 whole cardomons, and simmer the stew for a few minutes. When served, stir in a table spoon of Orange Marmalade.

Plantain Stew.

302. Cut a dozen Bassein plantains in halves or quarters, make a tea cup of sugar into syrup with water, flavour it with $\frac{1}{4}$ tea spoon whole aniseed, add the plantains and boil the stew gently till the fruit softens.

Curumball or-Gooseberry Stew for Tarts.

303. Cut the skin from the edges, and slice the fruit. Put it in boiling water on the fire till it boils up 3 or 4 times. Pour off the water, place the fruit in some thick syrup with 2 or 3 whole cardomons, and simmer the stew for 5 minutes.

Mangoe Foot.

304. Pare, slice and boil the raw fruit in sufficient water to cover it. Strain the pulp, which mix gradually with cold boiled milk, and sweeten it well with sugar.

Bassein Plantains Boiled.

305. Put 6 ripe plantains to boil in boiling water just covering them, with a tea spoon salt; when the rinds break and the fruit softens, remove them into a dish. Boiled plantains are eaten at breakfast, and very much relished by children.

Fried Bassein Plantains.

306. Remove the peel from a dozen ripe plantains, cut them lengthways in three, and fry them brown—first on one side, then on the other, in about 2 table spoons of hot ghee. Should the plantains be less than ripe, before removing the skins, roll them gently on a table with your hands, to make them a little soft.

To Prepare Boiled Plantains for Dessert.

307. For 6 boiled Plantains, see No. 305 scrape the white portion of $\frac{1}{2}$ a fresh cocoanut, which sweeten with sugar; take off the skins of the fruit, cut them open, and remove the threads and imperfect seeds. Lay each plantain open on a dish, side by side, and sprinkle over each a thick layer of the sweetened cocoanut flakes.

To preserve Green Tomatoes
Take green Tomatoes of
any size, pull off the
stems, boil them in
plenty of water, till
tender, but do not
let them break.
Strain the water from
them.

Make a Syrup, allowing
1 lb. of Sugar to a pint
of fruit boiled, add
bruised green Ginger
lemon peel, pared very
thin & lemon juice
according to taste.
Boil the Tomatoes till
they are clear, just before
taking off the fire add
a small quantity of
Brandy, about 2 Table
Spoons to six pounds
of fruit. Sugar Candy
is preferable to sugar as
the preserve keeps better
and is not so likely
to ferment. It improves
by keeping.

Tomato Mush.

Take 5 large tomatoes cut
in slices 2 large Capsicum
& one onion. Cut all in
slices put in a jar with
a pint of Good Vinegar
cover the jar well & let it
simmer for 2 hours gently
when cold serve as Salad.

To keep things fresh

wrap them in brown paper

and in a cool place

they will keep for a long time

For the purpose of the

purpose of the

purpose of the

Green or Horse plantains.

308. Are sometimes fried ; they are cut lengthways in slices, each slice well floured, and then fried like Bassein in hot ghee.

Methe Seed Conjee.

309. Steep 2 tea spoons of methe seeds, in $\frac{1}{2}$ a tea cup of cold water, for 5 or 6 hours. Boil the seeds in a tea cup of water till soft. Add to the seeds $\frac{1}{2}$ a tea cup of fine rice well washed, and about 2 tea cups of water and a little salt. Simmer the conjee till the grains of rice soften, when pour in the thick milk of half a cocoanut, and stir in sufficient sugar or jaggrey to make it sweet. Buffaloe's or Cow milk can be substituted for cocoanut.

Wheat Conjee.

310. Boil gently together, one tea cup crushed wheat, and 3 or 4 tea cups water, for about $1\frac{1}{4}$ hours, or till the grains are soft. Pour in a tea cup of thin cocoanut milk from a whole cocoanut, and the seeds of 2 cardomons ; 10 minutes before the conjee is needed, add $\frac{1}{2}$ a tea cup of thick cocoanut milk, and as much sugar as will sweeten it.

Wheat Conjee another way.

311. Steep the crushed wheat in water enough to cover it for 6 or 8 hours, and prepare the conjee in the same way as No. 310.

To prepare Crushed Wheat.

312. Pick out the stones and sticks, sprinkle the wheat with a little water, and pound it in a mortar. Sift the bran. Repeat the process twice or thrice till the grains break and look white.

Coffee Biscuits.

313. Materials. One tea cup pulverised sugar, 2 tea spoons cream of tartar crushed to powder, $\frac{2}{3}$ of a tea cup of butter or good

ghee, one tea spoon carbonate soda mixed in $\frac{1}{2}$ a tea cup water, and as much fine flour as will make the whole into a stiff dough, which must be well kneaded, cut into small biscuits and baked crisp. An egg well beaten, may be mixed in the dough.

Ginger Biscuits.

314. Mix together 1 lb. flour, 1 lb. jaggrey cut fine, $\frac{1}{4}$ lb. clarified butter, and powdered dry ginger to taste. Knead the mixture into a dough, form it into balls, press the latter into the shape of biscuits, and bake crisp.

Ginger Biscuits.

315. Put in a chatty 2 lbs. jaggrey, 2 tea cups water, $1\frac{1}{2}$ lbs. butter; mix these together and simmer on a slow fire till the mixture boils. Let the syrup cool an hour, and mix in it 4 lbs. flour and 2 oz. powdered ginger, knead the dough well for 5 minutes,—roll it out, cut into rounds, and bake the biscuits 10 minutes.

Water Biscuits.

316. 1 lb. fine flour, $\frac{1}{2}$ oz. salt, to be mixed into a stiff dough with water, left to stand for an hour, then kneaded well for 25 minutes, rolled out with a Bellen to a proper thickness, and cut into round shapes. Bake the biscuits ten minutes.

Sweet Biscuits.

317. Materials. Six lbs. of Rolong, 12 oz. yeast from the Bakery, fifteen oz. of sugar, $\frac{1}{4}$ lb. butter, a day old, a dessert spoon of carraway seeds (or as much as a pice weighs) and enough water to make the whole into a stiff dough. Knead the ingredients together for a few minutes only, and let the dough stand on a board in a sheltered corner, uncovered for 4 hours. Knead it well for $\frac{1}{2}$ an hour longer, divide and shape it into biscuits, and bake for ten minutes.

100

Rice biscuits
 $\frac{1}{2}$ lb of sugar $\frac{1}{2}$ lb ground rice
 $\frac{1}{2}$ lb flour $\frac{1}{2}$ a Tea. spoon
baking powder. Mix all
into a paste with two
well beaten eggs. Shape
into biscuits & bake in
a quick oven.

Fruit Pie
An original crust for
fruit tarts for those who
cannot eat pastry.
Any stewed fruit.
Crust 1 lb of bread
crumbs to $\frac{1}{2}$ a lb of Suet
finely minced. a Tea. spoon
of sugar. just moisten
with cold water. Mix
well & place it evenly
over the top of the fruit
make quite smooth
& sprinkle sugar over
the top, bake a nice brown.

Flaky Pastry

for meat pies or cheese cakes.

$\frac{3}{4}$ lb flour

6 oz butter

A little salt & not quite a qt
of a pint of water.

Divide the butter into four
parts put in the flour with
the salt into a basin & rub
into it; one portion of the
butter, taking care there are
no lumps left, then with the
blade of a knife mix in the
water sufficient to make rather
a stiff paste, turn this on to
a floured board & roll about
an inch thick over this spread
another portion of the butter
dredge over it a little flour &
fold the pastry so that it forms
a square, roll out again &
repeat this until all the butter
has been used.

Butter Biscuits.

318. **Materials.** 6 lbs. Rolong, $1\frac{1}{2}$ oz. fine salt, 9 oz. butter fresh or stale, one lb. Baker's yeast, the yolks of six eggs, just broken, not beaten. **Directions.** Place the yeast on a Thalee, throw over it the Rolong and salt, also the butter and yolks of eggs. Mix this with as much water as will make the whole into a stiff dough. Let it stand till the dough rises. Knead the dough again, and make the biscuits the size of marbles, place them on a baking tin, with an inch space between each, and bake ten minutes.

Nankaties.

319. Mix together 1 lb. rolong and $\frac{3}{4}$ or 1 lb. pulverised white sugar,—mix this into a dough with $\frac{3}{4}$ lb. butter a day old, knead this well for some minutes. Form the dough into balls, press each into the form of biscuits, make lines on the surface with a knife, and place the Nankaties on a baking tin, 2 inches apart. Bake them a light brown colour.

Wheat Flour Scones.

320. Make a lb. of fine flour into a dough with water as directed in No. 294 when well kneaded, flour the paste board and roller, make the dough into a ball, dust it with flour, and roll it out into a sheet, 14 or 16 inches square. Spread it with ghee, sprinkle it all over with flour, cut the sheet in 3 inch squares, place one piece over another, roll the paste out again, and cut the scones with a saucer; place the remains together and form another cake. Fry the scones in ghee.

Soda Scones.

321. Have 1 lb. fine flour, $\frac{1}{2}$ lb. rolong, $\frac{1}{2}$ tea spoon carbonate soda, and 1 level tea spoon salt; make this into a stiff dough, adding the water gradually. Knead the paste till it dries and cracks, when mix in a table spoon of ghee. Repeat this. Divide

the dough into 4 or 5 portions. Roll each out into a sheet, spread it over with ghee, and roll it up into a ball. Do this again, making each scone round and $\frac{1}{2}$ an inch thick,—and using altogether one coffee cup of ghee. Bake each on a thoa over a slow coal or wood fire, and when one side rises and blisters, do the other, and lastly manage to bake all round the rims. As each are baked, lay it on a board, and roll the bellen over.

Rice flour Chupatties.

322. Place the flour in a chatty with salt to taste, make it into a dough with boiling water. Cover and let the dough stand for $\frac{1}{2}$ an hour. Knead it well and form the mass into balls. Place each ball on a towel, and beat it out with the hand. Heat a thoa, and bake one cake at a time. When one side gets hot, turn it. Repeat this,—and when it feels sticky, the chapatty is baked sufficiently.

Rice Bread with Cocoanut.

323. Mix together $\frac{1}{2}$ lb. rice flour, the scrapings of $\frac{1}{2}$ a cocoanut and sugar to taste, which make into a dough with hot water. Knead the dough, make it first into balls;—beat the balls out into round cakes with your hand. Wrap each cake in plantain leaf, and bake it on a hot thoa, one side first and then the other.

To prepare Rice flour.

324. Clean and wash the rice, spread it out to dry in the sun on a clean cloth over a mat, for 15 or 20 minutes. Grind it in a mill, or pound the rice in a wooden mortar very fine. Sift the flour through fine muslin, and grind the coarse particles again.

Coffee.

325. Allow 2 tea spoons of the powder for one tea cup coffee, and one tea spoon for each extra cup, if more than two are made. Mix the powder first with a little water, then pour over a tea cup of boiling water for each cup of coffee needed. Stir and put the coffee

to boil, when it boils, dash in a little cold water to settle it. Let the coffee stand covered for a few minutes, then pour it carefully away from the sediment.

Coffee made with Jaggrey.

326. Put 4 teaspoons coffee powder in 4 or 5 tea cups of cold water, add as much jaggrey as will sweeten the coffee. Stir and place it to boil in a covered chatty, the scent of the "aroma" will tell when it is ready.

How to Roast Coffee.

327. Place the beans on a thoa, on a good fire, stirring constantly; when half roasted, reduce the fire, and roast gently till you find on breaking a bean that it is quite brown inside.

How Coffee is pounded.

328. Put 3 or 4 oz. of the roasted beans when cool in the mortar and pound the coffee to powder. Keep the coffee powder well corked.

Coffee Sediments Utilised.

329. Add two thirds of the original quantity of coffee powder to the sediments, and make as many cups of coffee as at first.

Pudding, Fritters &c.

Plum Pudding.

330. Grate the crumb of a stale 1 lb. loaf of bread, chop fine $\frac{1}{2}$ a lb. suet, stone a lb. of raisins, wash, pick and dry a lb. of

currants, slice fine 2 or 3 oz. candied orange or citron,—place all together in a large bowl, with $\frac{1}{2}$ a lb. of fine flour, 4 or 5 oz. sugar, one nutmeg grated, 2 inches cinnamon pounded and sifted, and a tea spoon of salt. Stir and mix the whole together. Separate the yolks and whites of 6 eggs; beat the whites to a stiff froth, and tie yolks till almost white. Add a little cold water to the yolks and beat both together. (There must be sufficient liquid to make the pudding with the whites of the eggs into a stiff batter). Add the yolks of the eggs to the mixture in the bowl, stir all well together, add the whites, and mix the mass thoroughly. Dip a cloth in boiling water, drain it, sprinkle it with dry flour, put in the pudding, tie it loosely for the swelling, put it in a chatty of boiling water, and boil it for 4 or 5 hours, turning it 2 or 3 times. Renew the boiling water as it wastes.

Plum Pudding.

331. Materials. 1 lb. flour, $\frac{1}{4}$ lb. fine bread crumbs, a lb. of suet minced, a lb. of raisins stoned, a lb. of currants washed and picked, the peel of $\frac{1}{2}$ of an orange sliced fine, 4 oz. sugar, a nutmeg grated, two sticks of cinnamon pounded fine, three or four large eggs well beaten, half a tea spoon of salt and sufficient milk to moisten the mixture. Mix the pudding and boil it according to the recipe given in No. 330.

American Coconut Pudding.

332. Boil 2 tea cups of pure milk, stir into it 4 heaped table spoons of sugar; dissolve 4 table spoons of corn flour in a little cold milk, add to the latter the beaten yolks of 6 eggs, stir the mixed flour in the boiling milk and boil 3 minutes, stirring continually. Pour into the pudding dish. Have the whites beaten to a stiff froth with one tea cup of finely powdered sugar and one tea spoon vanilla; spread the icing over the pudding, set in a quick oven to brown, take out and sprinkle the top with scraped fresh cocoanut, $\frac{3}{4}$ inch thick, set in cool place for 3 or 4 hours. The sweet liquor which settles at the bottom, serves as sauce.

Oriental Pudding

Wash & pick 3oz of Rice
throw it into plenty of
boiling water & boil till
tender, drain it in a
sieve; take the stones out
of 1/2 lb French Plums, &
cut the plums in strips;
well butter a pudding
mould & lay the plums
round the sides; into a
basin put 3oz butter &
6oz powdered sugar
beat them to a cream
add 4 eggs 2 oz flour then
the rice, & 1oz preserved
ginger chopped finely;
put the mixture into
the mould cover with ^{butter}
paper & steam for an
hour; when cooked
turn out on to a dish
pour ginger preserve over
& serve.

"Pudding" "Sudden Visitation"

Crumble about 10 oz of stale bread, & mix into it 6 oz of sugar, a little grated nutmeg, cinnamon, & citron Peel, the yolks of 3 eggs, & a tea cup of cream or boiled rich milk, into which put a lump of butter about the size of an egg. After it is well beaten together, put it into a dish, & over the top place a layer of any preserved fruit, add a wine glass of rum or brandy (if you like). The Pudding is made in 5 minutes & takes an hour to bake.

Economical Pudding

Put a layer of stale cake crumbs, into a dish or basin then a layer of jam & repeat till the basin is full

Mix a tea spoon of corn flour in a little milk, beat up one egg on it & add to a pint of boiling milk. pour over the pudding & either bake or boil.

Bombay Pudding.

333. Stir and simmer together, one tea cup pure milk and $\frac{3}{4}$ lb. rolong, till the mixture thickens. When cool, break and stir in 2 eggs. Flour a paste board, and sprinkle flour over the dough and bellen, and roll out the paste, cut it into diamond shapes and fry in ghee,—or bake. Make a syrup of a tea cup of sugar and water, and serve the pudding with the syrup.

Bombay Pudding another way.

334. Make the pudding in the same way as No. 333, omitting the eggs.

Rolong Pudding.

335. Stir and simmer together $\frac{1}{2}$ lb. rolong and $1\frac{1}{2}$ tea cups of milk till the mixture thickens. When cool, stir in 6 eggs well beaten, $\frac{1}{2}$ a tea cup milk, sugar to taste, a table spoon plums, and $\frac{1}{2}$ a nutmeg grated. Pour the pudding into a buttered bowl, and either bake or steam it. See No. 340.

To boil Country Vermicella.

336. Pick out the straws and sticks which have blown into the vermicella, and throw two handfuls into a chatty of boiling water with a little salt, and boil it fast for about 10 minutes. Keep on the cover, pour off the water, turn the chatty on a prop, on a board, and drain off the water. Serve it with milk and sugar.

Cocoanut Milk and Rice Blancmange.

337. Place in a chatty, a tea cup of rice, that has been washed and soaked for 2 hours,—8 oz. jaggrey, and $\frac{1}{2}$ a tea spoon aniseed. Press 2 table spoons of thick milk from the flakes of one cocoanut, which keep aside, press out more milk, see No. 217, put the latter with the rice &c., stir and boil the mixture on a moderate fire till the rice is half done, reduce the fire and simmer the blancmange till it

thickens, when add the thick milk, mix well and press into a shape or mould. Serve when cold.

Lemon Pudding.

338. Beat well the yolks of 4 eggs with enough sugar for the pudding, and the strained juice of one or 2 sour limes. Stir in a tea cup of milk, pour the pudding into a buttered cup and steam or boil. See No. 340. Use the whites of the eggs for "Ladies' Cake," see Index.

Custard Pudding.

339. Boil 2 tea cups milk with a stick of cinnamon or a piece of lime peel. When cold remove the peel. Beat well the yolks of 6 eggs, in a bowl, pour in the cold boiled milk, add sugar to taste, and a dozen almonds blanched and sliced fine, and lastly the whites beaten to a stiff froth. Stir the pudding, pour it into a buttered dish, grate nutmeg over, and bake till firm.

Burnt Custard Pudding.

340. Burn one heaped desert spoon of sugar till quite brown, stir in two teaspoons of water, pour the syrup into a pudding mould and make it run all over. Boil 3 desert spoons of Rolong in one and half tea cups of pure milk, with an inch of cinnamon, stirring constantly, till the mixture thickens. When cold take out the cinnamon, and stir in 5 eggs well beaten, with 8 tea spoons of sugar. Pour the batter into a mould, place the latter in a chatty with boiling water, the latter reaching only to the middle of the mould, place hot coals on the cover of the chatty, and steam the pudding one hour. It will have a beautiful brown coating when turned out on a dish.

Rice Pudding.

341. Wash a wine glass of rice, place it between two folds of a towel, and roll the bellen over, to crush it to a coarse powder. Boil-

King Apple Toast.

Cut up the pine in slices
 quarter of an inch thick
 stew them in a thin
 syrup with a glass of rum.
 Take a Madeira cake & cut
 into thin slices the same
 shape as those of the
 pine apple, lightly
 fry it in butter dust over
 with powdered sugar & set
 them in the oven with a
 layer of Apricot jam on
 each slice if you want
 it very rich. At the time
 of serving drain the
 pine apples & arrange
 them with the slices of
 cake alternately upon
 a very hot dish pouring
 the syrup over them!

A Plain Pudding
Use any fruit, suitable
for the purpose with
sugar to taste put a
layer of it at the bottom
after lining the basin
with stale bread less than
a quarter of an inch thick.
The basin must be wet.
On the sliced fruit place
a slice of bread without
crust then put in more
fruit, covering it in the
same way with bread
continuing in this way
till the basin is full, letting
the last layer be bread.
Put a plate on the top of the
basin & put it in a very
cold place with ice if warm
for 24 hours. Then turn
out & serve with cream or
custard. When fruit is
not available jam may be
used instead. The jam
must be heated or diluted
with hot water but it is
not so good as the fruit.
A stale sponge or Madeira
cake may be used instead
of the bread.

the rice in $1\frac{1}{2}$ tea cups of milk, make a custard of $\frac{1}{2}$ a tea cup of milk, 6 eggs well beaten and sugar to taste ; stir the boiled rice and custard together, with a teaspoon of butter. Boil the pudding in a buttered bowl. See No. 340.

French Pudding

342. Dip two slices of bread for a minute in very hot water, press away all the water, and make the bread into a pulp. Make a custard of 6 eggs well beaten, and one tea cup pure milk, mix the bread in the custard, place the mixture in a buttered bowl, and steam the pudding. Sprinkle it well with sugar and serve.

Sago Pudding.

343. Soak 3 tablespoons of sago in water just covering it for 6 hours. Boil it in one tea cup milk. Make a custard of 6 eggs well beaten and one tea cup milk, stir in the boiled sago, when cold, and 3 table spoons of grated bread crumbs. Sweeten with sugar, flavour with grated nutmeg or powdered cinnamon. Put the pudding in a buttered dish and bake or boil.

Jellaby Pudding.

344. Make a mixture of milk, eggs and sugar, according to the recipe for Custard Pudding, No. 339, lay the sweetmeat in the dish, pour the custard over, and bake till the latter sets.

Devonshire Pudding.

345. Place in a basin 8 oz. flour and 4 oz. suet minced very fine. Stir both well together ; when mixed, stir in $\frac{1}{2}$ teaspoon salt, and $\frac{1}{2}$ tea cup cold water. Mix well. The pudding must neither run or be as hard as dough. Wet a towel in warm water, dust it with flour, pour in the batter, and tie the pudding loosely, leaving room for it to swell. Place it in boiling water, and boil for 1 hour, replenishing the waste of water if necessary. Turn the pudding once

while boiling. Serve Devonshire pudding cut in slices, with Roast meat.

Vermicella Pudding.

346. Add a tea cup of milk to 2 handfuls of boiled vermicella,—see No. 336, with enough sugar, stir this on a slow fire till it thickens; when cold add the well beaten yolks of 6 or 8 eggs, with a little grated nutmeg, and lastly the whites beaten to a stiff froth, reserving a little of the last to place over the pudding. Bake the pudding in a buttered dish.

Slice Pudding.

347. Remove the crust, and cut in thin slices, a half lb. loaf of white bread, butter each slice. Have 2 tea cups of pure milk in a bowl, dip each slice of bread in the milk and place it in a layer on the bottom of a buttered dish; strew on top some plums, and sliced almonds, and grated nutmeg or minced orange peel. Repeat this, till you have used all the bread. Make the milk, 6 eggs well beaten, and sugar to taste into a custard,—pour this over the pudding, grate nutmeg on top and bake.

Potatoe Pudding.

348. Materials. 4 good Potatoes or about $\frac{3}{4}$ lb. Two large table spoons of sugar, 5 eggs, a tea cup of milk, 2 drops of essence of Ratafia or of any thing else for Flavouring. Directions Remove the skins from the potatoes, boil them well and mash them thoroughly,—add the sugar and mix well. Pour on a little milk and stir well—after beating up separately the whites and yolks of the eggs, mix these and add to what is already done. Then pour in the remainder of the milk and add the essence, and after buttering the dish, put the mixture into the dish ready for baking.

Y. Y. Y. Pudding

A thick layer of raspberry
or any other jam is a
pie-dish, over it a tea-cup
of bread crumbs, then a
layer of Brown Sugar.
Melt 4 oz of butter in a
tea-cup of warm milk &
pour over the pudding.
~~Bake for 1/2 an hour with~~
the yolks of 3 eggs well beaten
Bake for 1/2 an hour
Beat the whites of the eggs to
a stiff froth flavour with
2 oz. of Almonds or Vanilla
& a dessert-spoon of powdered
white sugar & pour over
the pudding five minutes
before it is taken out.

+ Cumberland Pudding
one pint milk 2 table spoons
flour one egg a small
piece of butter, one salt-spoon
of Salt & Sugar to taste.
Boil the milk & pour it
over the flour, let it
stand till nearly cold
& then beat up with a
fork, add the other
ingredients & the egg well
beaten. Bake 1/2 an hour.

Turkish Dates

Remove the stones of 1 lb
of Good Dates put in its
place $\frac{1}{2}$ a blanched
almond. Put $\frac{1}{2}$ a teacup
of Sugar & a cup of water
over the fire to boil &
add a tea. spoon of vanilla.
Bring this to boiling point
add the dates cover the
saucepan & stand over
the fire until the dates
are swollen & soft &
the syrup dark & rich.
Serve as an ordinary sweet

Sweet Potatoe Fritters.

349. Boil, peel and mash $1\frac{1}{4}$ lb. sweet potatoes very smoothly, stir in one tea spoon of butter, break 3 eggs and throw them in without beating them, then mix in $\frac{3}{4}$ cup of fine flour, 6 or 8 tea spoons of sugar, $\frac{1}{2}$ a salt spoon salt and $\frac{1}{2}$ a tea cup of pure milk. Make the whole into a smooth batter. Warm a table spoonful or two of ghee and fry the fritters on both sides. Sprinkle with sugar and serve.

(another way) Sweet Potatoe Fritters.

350. Are also very nice, using half a tea cup of thick cocoanut milk, instead of buffalow's—and omitting the butter.

Sweet Potatoe Fritters (Crows' Nests.)

351. Pare and cut in strips like grass stalks, a lb. of Sweet Potatoes, which place in a bowl of cold water, make a batter of $\frac{1}{2}$ a lb. of rice flour, 2 eggs and water see No. 244. Drain and dry the potatoes, place one table spoonful in a saucer, pour on top a table spoon of batter, and arrange them into a round form; boil two table spoons of ghee, and place the fritters carefully in the pan, and as they are fried and placed in a dish, pour syrup over each. Renew the ghee when necessary.

Plantain Fritters.

352. Mash up 8 ripe Bassein plantains, stir in a tea cup of milk, 2 eggs just broken (not beaten), sugar to taste, and as much flour as will make the mixture into a moderately thick batter. Let it stand covered for $\frac{1}{2}$ an hour. Warm 2 tablespoons of ghee in a frying pan, pour a kitchen spoon of batter for each fritter, and when they are browned on one side, turn and fry the other.

Sweet Bread quickly made.

353. Melt 2 table spoons good ghee on a clean thos, and stir

and roast a lb. of rolong, on a slow fire, till it tastes cooked. Place in a chatty $\frac{1}{2}$ tea cup pure milk, 5 oz. sugar and one table spoon ghee, stir and simmer this on a slow fire, and when it boils, mix in the fried rolong, and the seeds of 2 cardomous. Press the sweet meat in buttered plates to cool.

Hulwa of Rolong.

354. Steep a tea spoon of jaffron in $\frac{1}{2}$ a wine glass of rose water. Warm $\frac{1}{2}$ a lb. of good ghee, and stir in it, on a slow fire, a lb. of Rolong, till the latter is cooked; add and brown slightly a dozen blanched almonds,—pour in and mix well with the rolong, 1 lb. sugar made into thick syrup. Stir the mixture well for a few minutes, then add the strained rose water, and the seeds of 2 or 3 cardomous. When sufficiently thick, press the Hulwa into plates. It can be used after 5 or 6 hours, or when perfectly cold. If the Hulwa is made of flour, it will need more ghee.

Pancakes.

355. Beat well in a chatty 12 eggs, stir in with them gradually a lb. of flour, then little by little, 2 tea cups pure milk, mix all well together. Place a small frying pan on a slow fire, rub it with ghee, pour in a kitchen spoon of batter, and let the cake bake till firm, sprinkle with sugar—roll it in folds in the pan. Place the baked pancakes in a dish, over a chatty of hot water to keep warm, till all are baked.

Pumpkin Pie.

356. Cut 2 lbs. of ripe red pumpkin in bits, and boil it in very little water, with $\frac{1}{2}$ a tea spoon salt. When cool,—mix in the boiled fruit, the thick milk of one cocoanut, 4 eggs well beaten, two tea spoons of aniseed pounded, sugar to taste, and as much rice flour as will form the mixture into a thick batter. Line an earthenware chatty with buttered plantain leaves, pour in the batter, cover the chatty with a shallow earthenware chatty, or thoa, with a few

Walnut Cake

4 Shallow round Tins for baking
1 lb. Castor Sugar.

$\frac{3}{4}$ lbs Flour. 6 oz. butter

4 Eggs. $\frac{1}{2}$ Pt milk.

$\frac{1}{2}$ tea-spoon carbonate of Soda

1 Tea spoon cream of Tartar

A few dried Walnuts

Cream butter & sugar together

Add yolks of eggs & beat for
10 minutes. Mix the flour &
cream of Tartar.

Whisk the whites of the eggs
to a stiff froth.

Dissolve the Soda in the
milk which should be
lukewarm. Add to the

other ingredients, lastly
the whites of the eggs.

Pour into the buttered
tins, to the thickness of
 $\frac{1}{2}$ an inch & bake in
a quick oven for 15 minutes.

When cold lay one on top
of the other & place

between the layers the
walnuts ground or

chopped. Ice it with—

1 lb. lump sugar $\frac{1}{2}$ pint
water. Dissolve with gentle
heat then boil for 8 minutes
and add with a sharp shower or

hot coals on top and a slow fire below, and bake the cake till firm.

Sweet Puffs.

357. The Paste must be made like No. 294, or No. 295. To prepare the mince,—warm 2 table spoons good ghee, and roast (not brown) a tea cup of rather coarse rolong in a fry pan, on a slow fire, till it tastes cooked; stir in $\frac{3}{4}$ tea cup of cocoanut flakes, 2 table spoons of white plums, as much almonds blanched and sliced, and the seeds of 6 cardomons pounded; stir and roast the mixture for 10 minutes, and sweeten it with sugar. Roll the paste $\frac{1}{4}$ inch thick, cut in circles, put in each some of the sweatmeat, and fold over, press the edges, and twist the latter prettily. Fry the puffs in plenty of hot ghee, or bake them.

(No. 104 patties are best made, by enclosing in each, a spoonful of No. 206, or No. 108.)

Steamed Patties.

358. For every lb. of rice flour, boil one tea cup and one tea spoon of water, stir the flour well in the boiling water, cover the chatty for 10 minutes, and let the fire be only a few embers below. Remove the dough from the fire and knead it well, and as it dries—wet your hand with water. Form the paste first into balls, and then into round cakes. Fill each with a portion of sweatmeat, made thus,—mix together the scrapings of $\frac{1}{2}$ a cocoanut and 5 oz. jaggrey, with the seeds of 3 cardomons pounded; stir the mixture on a thoa, over a slow fire, till it dries. Fold the patties when filled and twist the edges. Have a wide chatty on the fire with boiling water, rising 3 or 4 inches high, place in it a tin strainer, and on it the patties till they are cooked, keeping the chatty well covered. The water must not touch the cakes. They are also cooked, by placing them on a cloth, tied over the rim of a chatty of boiling water (on the fire) with the chatty covered. Cakes of rice flour, glisten when done.

Yeast Cakes.

359. Sift 2 lbs. rice flour, make the coarse flour into a conjee,—with 2 tea spoons salt. Stir in the conjee the fine flour and 3 oz. yeast from the bakery, and make the mixture into a thick batter,—which the consistency of the conjee must allow. Tie muslin over the mouth of the chatty and put the dough out in the sun to rise. When it has risen, add to it a tea cup of thick milk from one cocoanut, 6 eggs well beaten, and sugar to taste. Stir the mixture well. Line an earthenware chatty with plantain leaves well buttered, fill it half full, cover it with another chatty, place hot coals above and below, and bake each cake 20 minutes. When one is done, bake another in the same way, renewing the leaves if necessary.

Egg Hoppers.

360. Sift 2 lbs. of rice flour, make the coarse flour into conjee with water, and 4 tea spoons salt. Remove the pan from the fire, and stir in the conjee the sifted flour, and a tea cup of good toddy; mix the dough well and add to it as much warm water as will make it into a thick batter. Cover the pan containing the batter with flannel, and keep it in a warm place to rise for 7 or 8 hours. Extract with warm water, thick milk from 4 scraped cocoanuts, which stir in the batter, with 18 or 20 well beaten eggs, 3 oz. butter, and as much sugar as will sweeten the whole. Have 2 earthenware shallow chatties, with wide mouths, rub the inside of one with ghee, pour in a kitchen spoon of batter, place it over a fire of coals, place on top a similar chatty, containing hot coals, and bake the cakes one at a time without turning them.

Custards for Tarts and Puddings.

361. Beat the yolks of 2 eggs, which mix well with a tea cup of pure milk, sweeten with 5 teaspoons of sugar, stir continually on a moderate fire until the mixture boils. Pour the custard into glasses, and grate nutmeg on top.

American Sea Cakes.
 Rub 2 oz of butter into
 1 lb flour then mix
 thoroughly with it $\frac{1}{2}$ oz
 Borden's Baking
 powder & $\frac{1}{2}$ oz Salt.

Make it into a dough
 with $\frac{1}{2}$ pint of milk, roll
 it out & cut it into
 round cakes, which
 place on a buttered
 tin & bake in a hot
 oven for 15 minutes.
 If you want to make
 them sweet, add
 3 oz Sugar & some raisins.

Vanilla Biscuits.
 Beat $\frac{1}{4}$ lb of butter to a
 cream stiff in $\frac{1}{2}$ powdered
 Sugar, add $\frac{1}{2}$ lb flour
 & 2 eggs well beaten one
 teaspoon of baking
 powder, $\frac{1}{4}$ lb of currants
 well cleaned & a few
 drops of Vanilla essence.
 roll out thin, cut into
 shapes, & bake on a
 floured tin for 15
 minutes.

Rice Cheesecakes.

Beat 2 eggs with $\frac{1}{4}$ lb
of sifted sugar, add
 $\frac{1}{4}$ lb of ground rice, $\frac{1}{4}$
lb of melted butter one
teaspoon of baking
powder.

and well flavour. With
ess. Lemon or Vanilla
line fatty pans with
pastry & allow $\frac{1}{2}$ a
teaspoon of mixture to
each one & bake in
a quick oven.

Curd Cheesecakes.

Put $\frac{1}{2}$ a half of milk
curdle it with a teaspoon
of Rennet. Break the
curd with a wooden
spoon & drain the
whey. add one well

beaten egg, a dessert
spoon of brandy, a
table spoon of sugar
currants & chopped
candied peel. Flavour
with ess. Lemon or Vanilla
Line some fatty pans
with puff paste put
in a tea spoon of mixture
& bake in a quick oven.

Custards for Tarts and Puddings another way.

362. Beat the whites and yolks of 2 eggs well together, mix them with a tea cup of milk, sweeten to taste, stir constantly till the sauce boils. Serve in glasses with grated nutmeg on top.

Cakes and Christmas Sweets.

To Ensure your Cakes being light and good, be sure the eggs are fresh,—and don't let them stand (many minutes) after being beaten. Pound and sift the sugar, and see that the latter is dry. Also dry the plums, currants, and almonds, either in the air or stove, stirring it carefully. If the flour or rolong appears damp, just leave them in their bags to warm in the open stove oven, for two minutes, turning them once, lastly have good unadulterated butter a day or two old. Mix the cake and stir it only one way, and ascertain that the oven is hot and ready, before you pour it in the tins.

Plum Cake (for a 3 lb. Cake.)

363. Materials. Ten oz. sugar, 10 oz. butter (stale) four oz. Rolong, six oz. flour, 11 oz. almonds cut in slices and dried in the air (not sun) 3 days, 11 oz. currants cleaned and dried in the same way, 4 oz. candied citron or orange sliced, one tolah carraway seeds, seven eggs, and a nutmeg. Directions. Put the butter and sugar together and stir them well, add the rolong, and the yolks of the eggs, first well beaten. Stir this together. Beat the whites to a stiff froth in a separate dish, add a spoonful flour and one of froth at a time to the rest. Lastly add the currants &c. Line a

tin with double paper at the bottom, and a sheet of paper all round well buttered. Pour in the mixture, leaving 4 fingers from the top, as the cake will rise two fingers—and the icing is required to be one finger thick.

A Rich Plum Cake.

364. Materials 1 lb. Rolong, 1 lb. almonds blanched and pounded coarsely, $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. ginger preserve, $\frac{1}{2}$ lb. candied peel sliced. $1\frac{1}{2}$ lbs. hard butter, and the same weight each—of sugar, currants, and small white plums, 2 dozen eggs, a small tea spoon carbonate soda, 2 nutmegs grated, and $\frac{1}{4}$ tea spoon pounded cinnamon. Directions. Beat the butter for 10 minutes, then throw in and mix well, one by one the yolks, add the sugar, stirring constantly, and the Rolong gradually, stir in the flour little by little, with the soda crushed into powder. Add to the mixture the currants, almonds, plums &c, and lastly the whites of the eggs beaten to a stiff froth.

Icing for Plum Cake.

365. Beat the white of an egg for one or two minutes, just enough to break it, stir in gradually 6 or 8 oz. crushed loaf sugar, sifted through fine muslin, beat the mixture for $\frac{1}{2}$ an hour, with now and then a drop of juice from $\frac{1}{2}$ a sour lime, and a few drops at a time of half a wine glass of Rose water. Frost the cake when perfectly cold, and let it stand till the icing hardens.

American Bride Cake.

366. Materials 1 tea cup butter, 2 of sugar, 4 of flour, 1 tea cup milk, 6 eggs, 2 tea spoons baking powder, or 1 tea spoon cream of tartar, and $\frac{1}{2}$ tea spoon soda; the cream of tartar must be put in the dry flour, and the soda in the milk. Directions. Beat the sugar and butter together to a cream, add the yolks well beaten, pour in the milk, and lastly the whites beaten to a stiff froth and the flour. Mix well; and just before putting the mixture into tins, stir in 3

Potatoe Cake.

(Hot Sea.)

Mash 1 lb potatoes through a sieve, mix with them one tea. spoon of baking powder, a tablespoon of sugar 1 oz of butter 1 oz of flour one egg well beaten and a little salt; make into a flat cake bake very quickly, split, & butter while hot & serve at once.

Everton Toffee.

Put 3 oz butter into a small preserving pan, and when just melted add to it one lb brown sugar. Stir these very gently over a very clear fire for a quarter of an hour, or until a small portion when dropped into cold water will break without sticking. It must then be poured out directly or it will burn. The rind of a lemon grated & added when the toffee is half done, is an improvement. Some dishes should be

battered & the toffee dropped
on them. The real rverkon
toffee is made with double
the quantity of butter.

Rougat.

Blanch 1 lb sweet almonds,
and having sliced them
lengthwise let them lie in
the sun for a short time,
until they become somewhat
discoloured; then dissolve in
a stew pan slightly battered
 $\frac{3}{4}$ lb Sugar without water
stirring constantly, and
when the sugar has melted
& commences to change colour
throw in the almonds, which
are previously to be made
hot in another vessel taking
care not to burn them; mix
them well with the sugar
and as they mix, range them
round the sides of the stew
pan leaving about the
same thickness at the
bottom as at the sides; leave
the saucepan to cool and turn
out the mixture upon a plate,
having done this press the contents
well together in the shape of a
thick cake.

table spoons of grated cocoanut. This amount will make a stack of perhaps more than a dozen cakes. The baking tins must be 2 inches or more high, and 6 inches in diameter, lined with buttered paper. Allow for the rising. The oven should be rather hot for small cakes.

Frosting for American Bride Cake.

367. Have the white portion of a cocoanut grated in readiness. Beat the whites of 4 eggs with powdered sugar until of the consistency of frosting. Frost each cake as it comes from the oven and sprinkle it with cocoanut flakes. Place the cakes one on top of the other till all are used, and sprinkle the top and sides freely with the cocoanut. The stack looks beautiful, having the appearance of snow flakes all over it.

Portuguese Almond Cake.

368. Beat to a cream 1 lb. hard butter and 2 lbs. pulverised sugar, stir in 1 lb. almonds blanched and ground extremely smooth, with one or two wine glasses of best rose water, add the yolks of 16 eggs well beaten, and a lb. of rolong, stir well, lastly add the whites beaten to a stiff froth. Bake the cake in buttered tins.

Bole the Bath or Sponge Cake.

369. Beat well separately, the yolks and whites of one dozen large eggs, then stir them together, add to the eggs gradually a lb. of crushed sugar, stir in 1 lb. rolong, a table spoon at a time, 1 wine glass of rose water, little by little, and the seeds of 6 cardomons. Bake in buttered tins, and allow for the rising.

Seed Cake.

370. Beat together a lb. of butter, a day old, and a lb. of white sugar pounded, till the mixture feels smooth to the touch, add the well beaten yolks of 12 eggs, and $\frac{1}{2}$ a lb. rolong; add a spoonful at a

time,—the whites of the eggs well beaten to a stiff froth, and little by little, $\frac{1}{2}$ a lb. of fine flour, alternately—stirring all the time; lastly stir in half a tea spoon of carraway seeds. Bake the cake in buttered tins.

Cocoanut Cake.

371. Just before putting seed cake into tins, stir in 3 table spoons of cocoanut flakes, and bake like seed cake.

Cocoanut Cake (another way.)

372 Beat well together to a cream, 1 lb. fine sugar and 1 lb. butter, a day old. Add the yolks of 8 eggs one by one, beating the mixture constantly. Stir in the whites beaten to a stiff froth. Throw in gradually $\frac{3}{4}$ lb. rolong, mix well,—then add a little at a time, $\frac{1}{4}$ lb. fine flour, mixed with 1 tea spoon baking powder, 2 grated nutmegs, $\frac{1}{2}$ a tea spoon each of carraway seeds, pounded cinnamon, and dry ginger; when these are thoroughly mixed,—stir in the white flakes of $1\frac{1}{2}$ cocoanuts. The latter must not be old nuts, but nuts just firm enough to be scraped. Lastly pour in $\frac{1}{2}$ a cup of thick milk from $\frac{1}{2}$ a cocoanut. Bake the cake in shallow tins buttered.

Ladies' Cake.

373. Beat well together, 2 oz. hard butter and 4 oz. fine sugar, mix in gradually 3 oz. flour, a little minced orange peel, and lastly the whites of 4 eggs beaten to a firm froth, mix quickly and bake the cake in a buttered tin. Use the yolks of the eggs for Lemon Pudding No. 338 or 374.

Gold Cake.

374. Beat to a cream together, 1 tea cup butter and 2 tea cups sugar, add the yolks of 5 eggs, well beaten, stir well; pour in 1 tea cup pure milk, in which you have first stirred one tea spoon of soda, mix 2 tea spoons of cream of tartar in 3 tea cups of dry flour, and mix the latter with the rest,—a table spoon full at a time, and $\frac{1}{2}$ a

Cocoanut Rock.

1 Cocoanut grated

 $1\frac{1}{2}$ lbs of Sugar.

The miller in the Cocoanut.
 Put the sugar on the
 fire with the Cocoanut
 miller stir it well
 till the sugar has
 dissolved. Then add
 the Cocoanut grated
 & boil till it thickens
 & clings to the spoon.
 Great care must be
 taken to stir it all
 the time or it will
 burn. Have ready a
 buttered plate or dish
 and pour half the
 mixture into it, then
 colour the other half
 with cochineal & pour
 it on the top of the
 other. Before it gets
 quite cold ~~grate~~ ^{cut} it up
 in strips.

Ginger Cake

$1\frac{1}{2}$ lbs flour $\frac{1}{4}$ lb Butter
rub the Butter into the
flour along $1\frac{1}{2}$ teaspoons of
ginger & cinnamon.
2 tea. spoons Soda & 1 lb
Sugar then add 1 lb
cocoa slightly heated
and a little Milk.

Lemon Syrup.

1 Quart Water 3 lbs loaf
Sugar 2 oz Citric Acid.
Boil about ten minutes
while warm add the Citric
Acid with 40 drops of essence
of Lemon.

Milk Punch.

3 Bottles Rum.
2 Quarts Milk
 $1\frac{1}{2}$ lbs Sugar.
1 oz Mace.
1 oz Lime Skins
1 Table Spoon dry Ginger
 $\frac{3}{4}$ Pint Lime Juice.
2 Quarts Water. Boiling.
Place all except the Milk &
Rum & let it soak for a night
add the rum & boiling Milk let
it rest for two hours then strain
till clear then add the rum & sugar.

grated nutmeg. Bake in one cake. The oven should be moderate for large cakes.

Jelly Cake.

375. Is made of the same materials as No. 366, and in the same way, and in layers, but the top surface must be spread with jelly—instead of frosting and cocoanut. When the stack is formed—put frosting all over.

Rice Flour Cake.

376. Beat smoothly together $\frac{1}{4}$ lb. butter and $\frac{1}{4}$ lb. sugar, then add the yolks of 3 large eggs, one by one, stirring constantly,—then $\frac{1}{4}$ lb. flour a little at a time, next 2 tea spoons rose water, and lastly the whites of the eggs beaten to a stiff froth. Bake the cake in a buttered tin.

Poley Purey or Native Festival Cake.

377. Make a dough of one lb. flour, $\frac{1}{2}$ tea spoon salt and sufficient water. Knead it well for $\frac{1}{2}$ an hour. Cover it with a damp cloth and let it stand. Clean a lb. of Chenna dhall and put it to boil till soft, in 8 tea cups of boiling water. Drain away the water which may be utilised for No. 251. Mix the boiled dhall with one lb. jaggrey, one tea spoon peppercorns, and 4 inches cinnamon. Grind the whole together with dry ginger to taste very smoothly. Clean and dry the curry stone and roller, rub both with ghee or sweet oil, and pound the dough till it feels soft. Sprinkle flour over the paste board, form a piece of dough first round like an orange, and then arrange it into a shallow cup, fill the latter with some of the dhall pulp, work the edges of the paste so as to cover the sweatmeat, put it on the board, sprinkle it well with flour, and roll it out to the size of a saucer. Rub ghee on a thoa, and bake one cake at a time.

Mass Pow or Almond Paste.

378. **Materials.** The kernels of a lb. of new almonds blanched and ground extremely smooth with a little rose water, 2 lbs. of loaf sugar crushed, and sifted through muslin, the whites of 2 eggs beaten to a firm froth, 1 wineglass of best rose water. Mix these well together, and simmer the mixture on a slow fire, stirring constantly till of the consistency of wax. Place the almond paste on a large dish and knead it well. Sprinkle the moulds with corn flour or powdered sugar, take a ball of paste, place it over the block, and roll the bellen over. Should the paste dry, moisten it with rose water. The grinding stone and roller must be of white marble.

Mass Pow Blocks or Moulds.

379. A picture of an animal, fruit, flowers &c., is carved very smoothly in wood,—the blocks are about 3 inches square and are kept and used to make Mass Pow. The pressed paste, receives a beautiful, raised impression, and the figure is carefully cut out; the surplus being used again. Cardomon seeds are used for the eyes of fish &c., and gold leaf is often used in the decoration.

Xmas Mince Meat.

380. 1 lb. currants, 2 lbs. raisins chopped and stoned, 1 lb. Sultanas, 1 lb. suet chopped fine, $\frac{1}{2}$ lb. preserved citron, $\frac{1}{2}$ lb. candied lemon peel, 3 lbs. green apples or raw mangoes, preserved pumpkin or plantains, (which ever may be had,) $\frac{1}{2}$ lb. sugar, and 1 nutmeg grated. Mix all well together, and when the ingredients are well blended, stir in two wine glasses of good brandy,—the latter is added as a preservative, and is not needed unless the mince meat is intended to be kept. Press the whole into a jar and cork securely.

Xmas Mince Pies.

381. Line patty pans with puff paste, see No. 294, the paste

Chocolate Toffee

1 lb Sugar 4 oz Butter
 3 dessert. spoons of Cocoa
 2 tea. spoons of Whisky
 1 of Vanilla $\frac{1}{4}$ seer of Milk
 cream the butter put
 it in a saucepan
 over the fire with the
 sugar till well mixed.
 then mix the Cocoa
 & milk & add it to the
 sugar & butter. Keeping
 stirring till it thickens
 add the Vanilla $2\frac{1}{2}$
 tea-spoons. To test if
 it is finished put a
 little in a cup of
 cold water, if you can
 roll it into rather a
 stiff ball then it is
 ready. Then pour
 into buttered plates.

Angel Cakes.

Take the whites of 6 fresh eggs & beat them to a froth add 6 oz of white powdered sugar & a tea spoon of vanilla.

Into this stir lightly $4\frac{1}{2}$ oz of white ~~sugar~~ flour perfectly dry in fact it is better warmed.

Pour the whole into a tin not thick & instantly put it in the oven neither too hot or too cold.

When baked let it cool slowly do not put it in a cold place.

Meringue Tart.

Put your fruit into a medium sized pie with only a little Syrup. Then make the crust. The whites of 6 eggs beaten to a stiff froth add $\frac{3}{4}$ of a lb of white sugar stir it in gently. Have ready $\frac{1}{2}$ lb almonds blanched & ground fine add that with vanilla to taste. Pour it over equally over the fruit. Only use the whites of the eggs. The yellows will do for a custard.

must be rolled to the thickness of $\frac{1}{4}$ inch, fill them with the mince-meat, cover with the paste, trim the latter all round the edges; and put the pies in the oven to bake.

Kulkulls or Panthefreeths.

382 Extract $\frac{3}{4}$ of a tea cup of milk from the grated flakes of one cocoanut. Place a lb. of rice flour on the paste board, and make it into a dough, with 2 broken eggs, the cocoanut milk strained and a tea spoon salt. Knead this well into a soft dough, and keep it covered with a damp cloth. Form the dough into balls like marbles, and then into different fanciful shapes, rubbing ghee meanwhile on the palm of your hand and on whatever you form the kulkulls with. They must be fried or boiled in plenty of boiling ghee, and frosted the day after.

Frosting for Kulkulls.

383. Weigh the kulkulls, and for one lb.—make $\frac{1}{4}$ lb. sugar into a thick syrup, put in the kulkulls, and stir constantly on a slow fire till the syrup dries, and the kulkulls are well frosted with sugar.

Almond Rock or Cordeal.

384. Blanch a lb. of almonds, and either slice fine or pound them coarsely. Melt 2 lbs. of sugar in a little water on a slow fire, colour the syrup rose pink with a few drops of cochineal, and flavour it with a wine glass of rose water. When the syrup boils and feels sticky, add the almonds, stir the mixture till it thickens, and before it dries, remove and place the Cordeal on a buttered board, and over the mass, place a piece of buttered plantain leaf or paper, and with the bellen roll it out to the thickness of $\frac{1}{3}$ of an inch. Cut in diamonds when cool.

To Clarify Sugar.

385. Stir the white of an egg, in about 5 lbs. sugar and for

every lb. allow a tea cup of water, stir the mixture till the sugar melts on a moderate fire; when it boils up, just sprinkle over it about four table spoons of water. When it next bubbles up, remove the syrup, from the fire, take off the scum, and strain it through a coarse towel.

To Clarify Jaggrey.

386. Mix the jaggrey with water into a syrup, strain the latter, and simmer it till thick enough,—or clarify it in the same way as No. 385.

Sweatmeat Balls.

387. Have one lb. rice ground rather coarsely. Sift it and reserve $\frac{1}{2}$ a lb. of fine flour. Make 1 lb. sugar into a thick syrup. Scrape fine the white portion of $1\frac{1}{2}$ cocoanuts, and pound fine and sift a table spoon of anise seed. Heat a thoa and roast (not brown) on a slow fire, the fine flour,—till it tastes cooked. Keep this aside. Mix the cocoanut flakes and the coarse flour together, stir the mixture on a slow fire for about 20 minutes, or till cooked. When the syrup is made and feels sticky, remove it from the fire and mix in quickly the roasted cocoanut &c., and pounded anise seed. Make the mass into balls while hot very quickly; roll each in the fine flour into a round, smooth shape;—they soon harden. Pounded dried ginger can be used, in place of the aniseed.

Cocoanut Toffe.

388. Mix into a syrup the water of one cocoanut and 2 lbs. of jaggrey, stir in the syrup the white flakes of 2 or 3 cocoanuts, boil the mixture on a slow fire till it can be formed into stiff balls, when press into buttered plates.

Cocoanut Toffe another way.

389. Mix together the water of 2 cocoanuts and $2\frac{1}{4}$ lbs. white sugar, beat the mixture till the latter melts, add to it the white

Apricot Souffle.
Put 1 pint of bread in
 $\frac{1}{2}$ pint of milk over the
fire & stir until
boiling hot.

~~Press off~~ Put some
apricot or peach jam
& stir into the bread
& milk. Add a teaspoon
of lemon juice two
tablespoons of sugar &
the slow beaten whites
of four eggs. Put this
into a greased dish
& cook in a moderate
oven for 20 minutes.
Serve with a pudding
sauce.

Sauce for puddings
Cream a teaspoon of butter
& the same quantity of
brown sugar together.
Beat well the yolks of
one egg & incorporate
it well with the butter
& sugar. Place in a
stew pan over a slow
fire & stir the sauce
becomes hot thro' but does
not boil. Add $\frac{1}{2}$ a teaspoon of
cherry & return to the fire
stir till it becomes thick &

Rainbow Sweetmeat

Brainbow Sweetmeat
Rub 2 Table-spoons of butter
into 2 of rice flour & 4 oz
of white castor sugar, 1 lb of
Almond. Rub this into a
fine stir mix it as much
until as it will make it
thick as custard
Stir on a moderate fire
till it thickens to the
consistency of dough.

Cut a piece of Grease proof paper to fit the bottom of a flat dish & spread the cream on it - flattening with a roller.

To make it Rich Take one
Tea-spoon of ^{sugar} ~~cream~~ ^{one of cream}
A true glass of rose water & add
it to the cream. Stir till it
is on the fire till it thickens
& then spread over the cream
to make it Green. ^{on the dish.}

Take one tea cup of
Distachis nuts, pound to a
paste & mix with 3 oz Sugar
& the beaten white of one egg.
Melt 3 oz of butter, add the
paste & rice for a few
minutes on the fire. Spread
this on the ^{top} of the firm surface &
cut into narrow strips

flakes of 3 cocoanuts, stir constantly and boil the toffee on a slow fire till it thickens, when press it into a buttered dish to cool. It will look pretty coloured with cochineal. Cut the sweatmeat in diamond shapes.

Preserves, Fruit Cheeses, James and Jellies.

Pumblow Skin Sweatmeat.

390. Have thick skin from ripe fruit, and the proportion of sugar must be double the weight of the peels,—or $1\frac{1}{2}$ lbs to 1 lb. Prick the peels and soak them in cold water; renew the water morning and evening. Boil them in cold water on the third day, till they may be easily pierced. Remove them and press the peels between two plates to get out as much of the water as possible. Cover a tray with cloth; and dry them in the air for 2 hours, turning them once. Make the sugar with water into a thick syrup, add the peels and boil slowly until they look clear and brown. Remove the peels; and go on simmering the syrup till it thickens, return the peels, and stir both together constantly, till the peels are coated with the sugar. Spread the pieces out on a large dish to dry in the air for a day, turning them once or twice.

Plantain Preserve.

391. Ripe Bassein Plantains are made into Preserve in the same way as they are stewed, see No. 302, but the sugar must weigh as much as the fruit or more. Plantain Preserve is subject

to fermentation, and in order to keep it, it must be looked at and reboiled if necessary.

Comlong or Vegetable Marrow Preserve.

392. Stir in a pail of cold water 1 table spoon of dry chunam,—skin, stone and cut the fruit in thick slices. Weigh it to determine the amount of sugar, and immerse it in the chunam water. Renew the chunam water every day for 3 days. Make a thick syrup of sugar and water. The sugar must weigh as much as the fruit. Drain the latter from the water, place it in the syrup, and simmer the preserve on a slow fire till the fruit looks clear and brown. It can be flavoured with whole cardomons, or a wine glass of rosewater. The latter to be added, a tea spoon at a time, later on, when the syrup has boiled thick. Comlong Preserve does not keep long, but possibly it would, if kept in small jars or bottles, in place of one large jar.

Citron Preserve.

393. Remove the yellow skin, and cut the fruit in lengths,—1½ inches broad. Prick the pieces, rub them with salt and soak them in a pail of cold water for 3 or 4 hours. Stir in a pail of fresh water, one tea spoon chunam, in which place the citron for 12 hours. Remove the fruit and immerse it in pure cold water for 6 or 8 hours longer. Place the citron in cold water and give it one boil. Drain the water—and dry the pieces in a towel, lay them over a cloth to dry in the air for 4 hours turning them twice. Make a syrup, allowing 1½ lbs. sugar to a lb. of fruit, add the fruit, boil gently and skim carefully, stir often that the preserve may be kept from burning, but be sure not to break the fruit. When the latter looks clear and brown, remove and let the preserve cool.

Mangoe Preserve.

394. Have large, raw mangoes, free from threads, pared and quartered, and sugar—allowing 1½ or 1½ lbs. to a lb. of fruit, when

Mrs. Thingo's Pastry.

- $\frac{1}{2}$ lb lard. or butter.
 $1\frac{1}{4}$ lbs of flour.
 1 Teaspoon of Baking Powder
 $1\frac{1}{2}$ Table-spoons of Castor Sugar
 1 Teaspoon of Salt.
 1 egg.
 $\frac{1}{2}$ pint Milk or more.

Put the flour, salt-sugar,
 & baking powder together in
 a basin, then rub the lard
 or butter into it well. Break
 in the egg, add the milk &
 roll out fairly thick. This is
 enough for 2 small or one large Tart.

Viginet's Pudding.

- 1 Pint of Milk
 4 Table-spoons of Viginet
 1 egg (English one)
 3 Dessert-spoons of Sugar.
 Beat up the egg with the
 sugar add the viginet &
 milk, pour into a fire-dish
 & bake, add vanilla if you like

Blanc-mange.

2 1/2 oz Corn flour

2 Pints milk

Mix the corn flour with a little of the milk. Put into a saucepan with the rest of the milk.

Add 2 oz Sugar a flavour to taste. Bring it all to the boil stirring well. Then boil down to three quarters of the original bulk

which will require 10 minutes sharp boiling stirring all the time. Pour into a mould & allow to cool. When cold turn out & serve with jam etc.

Ground Rice Blanc-mange

1/4 lb ground rice

1 1/2 pints milk

1/2 a Tea spoon of salt-

2 Table-spoons Sugar.

vanilla to taste

Mix the ground ~~corn~~ rice with a little milk. Put on the milk & sugar to boil. Then pour in the mixed rice with the salt & a little butter, when it boils enough to bubble & clear the sauce-pan, add the vanilla & pour into a mould to cool.

pared and stoned. Prick the fruit well, stir a table spoon of bettlenut chunam (quicklime) in a pail of cold water, in which immerse the mangoes. After 7 or 8 hours remove and put them into fresh cold water. (without chunam) Change the water twice a day. On the third day, place the mangoes on a towel to dry in the air for 4 or 6 hours, dabbing the pieces with a cloth to dry the water, and turning them 2 or 3 times. Make a syrup of the sugar with water, when it becomes sticky, put the mangoes in and boil gently for 5 or 6 hours, removing the scum. Stir very carefully not to break the fruit, and when the latter looks brown and clear, the preserve is made.

Mangoe Preserve another way.

395. Cut good, raw mangoes in halves or quarters, throw them into cold water as you pare them. Place in a preserving pan sugar weighing twice as much as the mangoes when pared and stoned. Add only as much water to the sugar as will dissolve it, put the mangoes with the sugar and place the pan on a very slow fire till the sugar melts. Simmer the preserve on a moderate coal fire, for 5 or 6 hours, removing the scum, till the fruit looks clear and brown. If the syrup gets thick before the fruit reaches that stage, add a little water gradually to thin it, and simmer on gently till the syrup gets as thick as oil. When cool, put the preserve in bottles or jars and cork when cold. Look at the Preserve—during the week, and if it shows signs of fermentation, reboil and simmer it again.

Roselle Preserve.

396. Remove the stones and weigh the (late) fruit, allow $1\frac{1}{2}$ lbs. sugar to a lb. of fruit, or less if the preserve is to be used for tarts. Carefully remove all decay, and wash the roselles carefully. Make the sugar into a thick syrup with water, throw in the fruit gradually, boil the preserve gently,—removing the scum, till the fruit is cooked and the syrup thick. The fruit must not become a mash, but remain whole.

Plantain Hulwa or Cheese.

397. Boil and skin a dozen Bassein plantains,—open them, and remove the threads, and black specks found in them. Mash them very smoothly. Make a thick syrup,—allowing $\frac{3}{4}$ of a lb. of sugar to a lb. of fruit. Mix the fruit and syrup together and simmer them on a slow fire till the mixture begins to stick to the bottom of the chatty, when pour all round some clarified butter, a desert spoon at a time. When the cheese can be formed into balls, press it into buttered plates to cool.

Hulwa of Comlong or vegetable Marrow.

398. Remove the rind and cut the vegetable in large pieces. Wash the pieces and grate them on a large tin grater. Put the scraped comlong in a chatty, and simmer it in its own water, stirring often, till the water dries. Mix its own weight of sugar to the boiled vegetable; stir and simmer both together till the mixture begins to stick to the bottom of the chatty, when gradually add some clarified butter. When the hulwa thickens, and before removing it from the fire, mix in it the seeds of cardomons and some blanched almonds. Press the hulwa into plates, smooth it on top, and let it cool and harden. The butter must be half the weight of the sugar.

White pumpkin Cheese.

399. Remove the soft pith and seeds, and scrape the firm part of the fruit, on a large tin grater. Place the scraped pumpkin on a coarse towel, pour over it cold water, and wash and drain it well. Make a syrup of sugar of the same weight as the vegetable, stir both together on a moderate fire till the mixture thickens, and press the cheese into buttered plates to cool.

Guava Cheese.

400. Skin and halve the fruit, and scoop out the seedy pulp. Place the latter in a bowl of cold water. Put the rest of the fruit

English Paw-cakes.

5 Table-spoons of flour

2 eggs

 $\frac{1}{2}$ Pint-milk

pinch of Salt

Mix well together & fry quickly
until brown in boiling lard
butter or dripping.

(Mrs H.) A simple Claret Cup.

1 Pt. Claret. 1 bottle Lemonade

1 Bott. Soda. 1 Tea spoon claret

Cup Ess. & a large Wine Glass
of Brandy, or Cherry.

Two Table Spoons Sugar

Mix together & ice. A slice
of Lemon or Lime improves it.

(Mrs H.) Lime Juice.

Squeeze the lime & strain
let it stand for 24 hours
in a glazed vessel.Then to each quart of
Lime juice add $3\frac{1}{4}$ lbs.
of Sugar, & cook to boiling
point, then strain.

Mrs Hall's Milbr Punch.

- 3 bottles Rum, 10y. Lime Peel.
1 Pint Lime juice. $2\frac{1}{2}$ lbs Sugar.
 $1\frac{1}{2}$ Seers Milbr. 2 oz Ginger.
2 oz Cinnamon. 1 Piece Mace.
3 Rint Water.

Soak the lime peel in half
a bottle of rum for 3 hours.
Boil the water & add it to it
the Sugar, lime juice, & spices
then when these are well mixed
add the rum, & the milbr
which must be boiled.
Cover up for 12 hours, & then
straine 3 ~~or~~ times.

Mango Ices.

Milbr 1 seer. Sugar 1 Tea Cup.
Eggs 3. Mangos (green) 3.
Ice, salt, & salt-petre 5 lbs.
Boil the milbr till reduced
to $\frac{3}{4}$ of a seer, when quite
cold add the well beaten
yolks of three eggs, & stir
over a low fire till boiling.
When cold add the sugar
& pulp of mangos & strain
& then freeze.

also in cold water, just enough to cover it, and simmer gently till it softens, when grind it to a smooth pulp and rub it through curtain net. Make a syrup of the water the guavas were boiled in, allowing $\frac{3}{4}$ lb. sugar to a lb. of fruit, stir the ground pulp in the syrup; strain the other pulp from the seeds, (boil it first if required), and mix it with the rest. Boil the cheese gently on a slow fire, stirring constantly till it reaches a point, when a little could be rolled into a ball. Place the cheese in a buttered mould, and when cool cover it with paper well buttered, to preserve it.

Hulwa of Mango Stones.

401. Dry the kernels of the stones well in the sun for several days. Make them into flour by pounding; and weigh the flour to determine the amount of sugar and milk needed. Place the flour in a large bowl, and cover it with cold water. Renew the water twice a day to remove the bitterness of the seeds. On the 3rd day, pour away the water, and mix with the flour, thick cocoanut milk and jaggrey, allowing for $\frac{1}{2}$ a lb. flour, the milk of one cocoanut and 11 or 12 oz. jaggrey. Simmer the mixture on a slow fire till it thickens, when put it in buttered plates to cool and harden.

Orange Marmalade.

402. Take Nagpore Oranges, halve them and squeeze the juice into a bowl. Add its own weight of sugar to the strained juice, stir constantly and boil the mixture on a moderate fire till the syrup thickens, carefully removing the scum. Bottle it when cold. Soak the peels in strong salt and water for 2 or 3 days, then boil them in cold water till they may be easily pierced. Throw them in cold water, and scrape away the white pith from the inside. Dab the peels in a cloth to dry them. Cut them in short strips, make—their weight of sugar into a thick syrup with water, put in the peels and boil them together for a few minutes, adding the strained juice of 2 or 3 sour limes if preferred. Pour in the syrup of orange juice prepared the first day, and simmer the marmalade for a few minutes longer.

Mangoe Marmalade.

403. Pare the raw mangoe, and grate the pulp on a tin grater. To 1 lb. of the fruit, add 2 lbs. of white sugar, stir and boil this on a moderate fire, removing the scum. When it thickens, let the marmalade cool and bottle it.

For Pumpkin Marmalade see No. 301.

Calves' Feet Jelly.

404. Prepare the feet as directed in No. 82. Boil 2 feet in 18 tea cups water, remove the scum, reduce the fire, and simmer gently for 6 hours. Add again 3 tea cups of water, remove the scum and continue simmering till the liquid is reduced to 7 tea cups. Remove the fat from the surface with a feather, pour the broth into a clean chatty, and let it cool. Beat up well 3 eggs with their shells in another chatty, mix in the juice of 3 or 4 sour limes, and their peels cut in strips, 8 inches cinnamon, 4 cloves, and half a wine glass of brandy, or a wine glass sherry wine. Stir in the broth $\frac{1}{2}$ a lb. of sugar; pour the broth over the eggs and spice, and colour it with 2 tea spoons of burnt sugar. Stir the mixture well, and pour it back from one chatty to another, 10 or 12 times, holding the former 3 or 4 feet above the other. Put the jelly to boil, stirring constantly, till it boils up 4 times; when the egg breaks into fine particles, remove it from the fire. Fasten a flannel bag on the frame of the cane part of a chair, place a large china bowl below, pour the jelly into the bag and let it drip without pressing. Pour the jelly into a mould, put on the lid; break up in pieces 2 lbs. of ice, place some of the ice in an empty pail, put the mould on top, and cover it over with ice. Cover the pail with flannel; the jelly will set in one or half an hour, according to its consistency. The boiled feet can be used for No. 199.

Cowhett or Wood Apple Jam.

405. Scoop the pulp of the ripe fruit from the shell, and throw

Home made Lemonade
 1 oz of Tartaric acid 1 lb of
 sugar & 6 limes.

Parse the rind as thin as
 possible & leave aside

Squeeze the limes into a
 jug being careful to throw
 away the thick whitish part
 add the Tartaric acid
 & sugar. Pour on a quart
 of boiling water stir
 when cold strain & bottle
 when using add water
 to taste.

Orange Wine

Remove all peel & cut up
 very ripe oranges & pour
 water over them with sugar
 in proportion of 3 lbs of
 sugar to a gallon of water.
 Squeeze the oranges well
 & strain & pour into jars
 adding whole nutmegs for
 flavouring

A good Claret Cup.

2 bottles (2½) Claret

4 of Soda

4 of Lemonade

1 glass Maraschino

1 glass Cherry Brandy.

2 oranges (skins) cut in
thin slices

rub ¼ of a lb of loaf
sugar on the rinds of
two lemons or limes
then pound them

Together. Put the slices of
orange peel in the basin
& pour over them the
Brandy & let it stand
closely covered for two hours
just before requiring
add the claret, Maraschino,
cherry brandy, Lemonade,
& Soda, stir well &
add crushed ice.

it into a chatty, cover it with water,—the latter must be three or four inches above the fruit. Let this simmer for two hours, carefully stirring it to prevent the jam burning. Add sufficient sugar—and continue simmering till thick enough.

Cowheet Jelly.

406. Strain the fruit, to remove the seeds, after simmering it for two hours, sweeten the pulp well with sugar, stir and simmer the jelly till sufficiently thick.

Mangoe Jelly.

407. Pare and slice the raw fruit and boil it in water just sufficient to cover it till it softens. Strain the juice through a towel, and for each pint of juice, allow $1\frac{1}{2}$ lbs. of white sugar. Boil the mixture gently, skimming carefully, and stirring constantly till the jelly sets.

Mangoe Jam.

408. Boil the raw fruit in the same way as No. 407 till quite soft, when rub it through coarse curtain net, add to the strained pulp, double its weight in sugar, stir constantly and boil the mixture gently, till it thickens, when remove it from the fire and let the jam cool.

Tamarind Jam.

409. Remove the seeds and fibres of the fruit, and if old wash it first. Soak the tamarind in cold water just enough to cover it, for one hour, and boil it gently in the same till quite soft. Rub the pulp through coarse net; make a syrup of double its weight of sugar, mix both together, boil gently and stir constantly till it sets, which will be very soon.

Roselle Jam.

410. Remove the seeds, wash the fruit and put it to boil in water just covering it, for 15 or 20 minutes or till the roselles are sufficiently soft to rub through a coarse dungree towel. Make a syrup allowing $1\frac{1}{2}$ lbs. of sugar to a lb. of pulp, mix the fruit and syrup together, and boil gently, stirring constantly, till the jam is made.

Roselle Jelly.

411. Weigh the fruit after the seeds are removed, wash it,—and to one lb. roselles, put $2\frac{1}{2}$ tea cups water, and boil this gently,—stirring occasionally, until the juice is well drawn from the fruit. Let the juice drip through a coarse towel without any pressing. Allow one tea cup of sugar to one tea cup of juice, boil this gently, removing the scum and stirring constantly. When the jelly begins to get thick, drop a little on a plate to cool, and if firm, it is done. Bottle when cool, and when cold cork the bottles.

Guava Jelly.

412. Skin and quarter the fruit, and boil it gently in water only sufficient to cover it, till the fruit is quite soft. Put the whole into a jelly bag and let the juice drip without any pressing. Allow $\frac{3}{4}$ lb. sugar to a lb. of juice, put these in a preserving pan over a moderate fire, and keep stirring the jelly, carefully removing the scum. When it thickens, put a little on a plate, and if firm when cool, it is done. A nice flavour is given to guava jelly by boiling in a little water, a handful of cinnamon, and when the jelly is half done,—stirring in a tea spoon at a time, till the flavour is acquired, or instead of the cinnamon,—use a little strained sour lime juice.

Tomatoe Jam.

413. Boil the tomatoes with a little water to a pulp, rub the latter through a towel or a piece of curtain net, allow for 1 lb. pulp

$\frac{3}{4}$ lb. sugar, stir and boil the jam gently for an hour or till it is of a proper consistency.

Hot Tomatoe Jam for Roast Mutton.

414. Boil 2 lbs. tomatoes in water just covering them with 2 oz. green ginger ground coarsely and 3 or 4 dry chillies. Rub the pulp through a coarse dungree towel, and make the jam in the same way as No. 413 with the same proportion of sugar.

Tipparee Jam.

415. Tipparee, called also Brazil Cherries and Cape Gooseberries is said to be unequalled (in the world) for making jams and jellies. The ripe berries with their weight of sugar, are stirred and boiled gently, till the mixture reaches the proper consistency.

*Cleaning White Leghorn hats.
Sprinkle the hat with
water & expose it to the
fumes of sulphur in a
tight tin box & brush
over with a solution of
Gum Arabic.*

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Domestic Weights and Measures. Sixty drops of liquid make one spoonful.

Two teaspoonfuls of liquid make one dessertspoonful.

Two dessertspoonfuls of liquid or four teaspoonfuls make one tablespoonful.

Four tablespoonfuls of liquid make one wine-glass full, or two ounces.

Sixteen tablespoonfuls of liquid make one half-pint.

Eight tablespoonfuls of liquid make one gill.

Two wine-glassfuls of liquid make one gill, or one teacupful.

One coffee-cupful makes one half-pint.

A heaped quart or four coffee-cupfuls of flour make one pound.

A full tablespoonful of flour makes one half-ounce.

Ten eggs make one pound.

One pint or two coffee-cupfuls of granulated sugar make one pound.

Two and one-half coffee-cupfuls of pulverised sugar make one pound.

One pint of broken loaf sugar is one pound.

One tablespoonful of butter is one ounce.

One pint of soft butter makes one pound.

One coffee-cupful of butter makes one half-pound.

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12-
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